

The Value and Practice of Coaching

How Coaching Works

Coaching is a partnership that helps you move from where you are to where you want to be. It is a process that helps you to grow faster and move past challenges that are hindering you from reaching your full potential.

What are the benefits of coaching?

- ◆ **Increased motivation** that comes from clarifying your desires and living in harmony with your guiding values.
- ◆ **Liberating insights** that help you to overcome hindrances to desired change. Coaching allows you to break through false ceilings.
- ◆ **Confidential support** that builds confidence and provides healthy accountability.
- ◆ **Transformational growth** that focuses on moving forward in your life, work or relationships. A coach is a professional change agent who helps you build your capacity as a leader and a person. You will go further faster with a coach.



Is coaching
for you?

How Coaching Works

What can I work on with my coach? Almost anything. You focus on the area where you have the greatest desire to see improvement.

What do you do during a coaching appointment? The coach will guide the process while you determine the agenda. Coaches don't give the answers. They help you discover and commit to action steps that most effectively take you to where you want to go.

If you are someone who desires to experience improvement in your personal life, family, work or relationships, why don't you investigate what a personal coach can do for you?

You can find additional information about coaching by going to www.visionventures.org and click on Personal Coaching.