

12 BENEFITS OF COACHING

“HARD” RESULTS

greater productivity | faster promotions | higher profits

DEEP LEARNING

about self | how others perceive you | areas to improve

EXPEDITED ACTION

advance faster with greater precision

SPACE FOR LISTENING

confidential sounding board | greater clarity & perspective

SELF-AWARENESS

identify beliefs & attitudes sabotaging growth or progress

SUPPORT & CONFIDENCE

to “lean in” | act with courage | take risks

VALUES CLARIFICATION

capacity to stand firm with conviction

UNCOVER BLIND SPOTS

set the stage for freedom & growth

EMOTIONAL SUPPORT, EMPATHY & ENCOURAGEMENT

minimize isolation & loneliness

HEAR TRUTH

the kind no one else will speak to you

3RD PARTY SUPPORT/PERSPECTIVE

on 360° reviews | strategic planning | conflict mediation

SKILL BUILDING WITH ACCOUNTABILITY

communication | culture creation | leading change | delegation
conflict integration | team building | persuasion

challenging the status quo