

Is Coaching Right for Me?

Coaching is a partnership, a deep, action-oriented conversation to help you consider other perspectives, clarify your goals and move to action. You may be looking to improve your leadership skills or prepare for a career move. You may be looking for more balance or joy in your professional or personal life. A coach can help you open your eyes to new ways of thinking and uncover new opportunities. Your coach helps you understand what holds you back from reaching your full potential and explores with you your motivation and goals, identifies the strengths and gifts you bring to the world and helps to clarify your vision. Your coach becomes your cheerleader, your guide and a thought partner who helps you to be accountable for your own growth.

Qualities of people who improve with coaching:

- **COURAGE.** It takes courage to honestly assess yourself and to ask others for feedback.
- **HUMILITY.** You must be able to admit that you are a work in progress and that there are areas in which you can improve. You can accept that you don't have all the answers and you are open to new perspectives.
- **DISCIPLINE.** You are willing to do the work. You will actively work to grow your self-awareness and practice new behaviors. Change takes time. You must commit to change and keep at it.

Ask yourself these questions to see if you are ready to open your eyes and your mind through coaching.

- Do you want to make a positive change in your life and/or career?
- Are you open to changing your perspectives and being open to new insights?
- Are you looking to build particular skills to help you reach your goals? (leadership skills, relationship skills, etc.)
- Are you looking for a new approach to help reach your goals?
- Do you want help dealing with anxiety, inertia or other blockers that hold you back?
- Are you prepared to re-examine and shift some of your preconceptions?
- Have you experienced a significant personal and/or professional change in the past year (i.e., career change, a relationship ending, promotion, change in the family structure).
- Has this change motivated you to examine some of your coping mechanisms and/or strategies for meeting your goals?
- Are you feeling lost and/or unsure about the direction you want to go in?
- Are you wondering "Is this it? Why aren't I happy with my career or life?"
- Do you need assistance in planning and/or setting goals?
- Are you able to be honest and vulnerable with yourself and a coach?
- Are you able to complete a lot of the work outside of the sessions?

If your answer is yes to some or most of these questions, you could benefit from working with a coach.

