

ODYSSEY COACHING

Coaching | Leadership Development | Training

Frequently Asked Questions

Q: What is coaching?

Coaching is a thought-provoking and supportive partnership between a coach and client that helps the client clarify and achieve his or her goals. Coaching is focused on achieving a particular outcome and on helping the client achieve their full potential. Personally, the best part of it for me is that I get to build a trusting relationship with my clients. I become their guide and biggest fan and I love to see them find new insights that lead to meaningful change.

Q: Who needs coaching?

Pretty much everyone can benefit from having a coach. You learn so much about yourself and how to operate with greater understanding and fresher perspectives. You build confidence and practice new life and leadership skills. A coach is someone who is firmly in your corner and who wants to help you get what you want.

Q: Who benefits from coaching?

People who are open, humble, willing to do the work. People who are curious and brave, or trying to be. It can be hard to give up familiar ways of thinking and doing, but consider this: “Where will you be in 5 years if nothing in your life changes?”

Q: What happens in a coaching session?

At the beginning of the engagement, the coach and client will talk about the overall goals of the engagement and what the client hopes to achieve. Then, in subsequent meetings, the client and coach establish a desired outcome for the session to help the client make progress towards their overarching goal. The coach doesn't choose the topic or give advice or steer the client in a certain direction. You are the expert in your life and I am the expert in coaching who asks questions and helps you uncover new ways of seeing and doing things.

Q: How long does a typical coaching engagement run?

That depends on the client. Typically, the engagement is 6-12 months. A minimum of 6 is recommended because it takes time to shift perspectives and practice new ways of doing things. Some clients stay with me for much longer because they appreciate the opportunity to discuss challenges and opportunities with a neutral party. As people rise in an organization, it can feel lonely because there are fewer people you can be honest and vulnerable with. A coach can give you that safe space.

Q: What is the difference between coaching, consulting or therapy?

Coaching is focused on the future – visioning, success, present challenges and growth. The coach works with a client to open their eyes to new possibilities and move them to action. Therapy is focused on the past, and it is intended to help people with issues or dysfunctional behaviors to look at the past and understand the “why” of their emotions. A coach is not a consultant, who has an agenda and provides



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advice and solutions. A coach has no agenda except to help clients get what they want. They are not advice-givers.

Q: What sort of issues do you typically address in a coaching engagement?

Every engagement is unique. Some clients are focused on developing specific leadership skills, like communication, work/life balance, decision making, delegation, executive presence, etc. Others are preparing to move into a new role or looking for support to work through professional or personal challenges. Some are stuck and just don't know what to do next. A coach can help with all of these.

Q: What is your philosophy of coaching?

I think that every client already has what they need to succeed. I help them uncover their strengths, work through the blocks that hold them back, clarify what they truly want and get them moving forward. Clients begin to look at themselves and others in new ways, with compassion, empathy and non-judgment, especially for themselves. We are all too hard on ourselves, so I remind clients to shut down their inner critic and stop judging themselves. Once they do that, nothing can stop them!

Q: What is the best part of my job?

So many things. I get to meet and work deeply with clients from all over the world. Sometimes I am the only person they can talk to about their fears, insecurities, failures and dreams. It is my honor to be the person they can be truly open with, someone who has no agenda, no "stake" in their future other than to help them be happier and more fulfilled. Seeing the transformation in people's hearts and minds is a wonderful thing.

If you would you like to talk about how we might work together, please email me or schedule some time on my calendar: <https://www.odysseycoaching.org/explore>



Are you willing to courageously step up to the challenge of becoming your best self?



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