

What is Coaching?

Coaching, as defined by the International Coaching Federation (IFC) is a partnership between a coach and a client. The focus of coaching is uniquely future focused and inspires the client to maximize personal and professional potential. Coaches help people improve their performance and enhance the quality of their lives.

As your coach, I am trained to listen, to observe, and to customize my approach to your individual needs. I believe that my clients are naturally capable, creative, and resourceful. My job is to provide support to enhance the skills, resources, and creativity that the client already has inherently.



WHO IS COACHING FOR?

Anyone can benefit from coaching! Generally, people seek coaching because they have questions or lack clarity in a particular area of their life, and they are motivated to find a solution. Common themes of coaching are career change (or contemplation of one), life transition, performance improvement, leadership, or even health and wellness.

Although people often start coaching with a particular concern or question they are wrangling with, coaching often leads to personal transformation. The coaching space is designed to be a safe place for people to muse, brainstorm, experiment, fail, and ultimately change.

FINDING THE RIGHT COACH

It's very important to me that I am a good fit for my clients (and vice versa). My particular area of focus is workplace and leadership coaching. If you've contemplated any of the following, then I may be a good coach for you:

- A career transition.
- Uncertainty in a new leadership position.
- A desire to connect with your team better or improve communication.
- Concerns that you can't be yourself at work (wanting to live your values).
- Concerns about how you are perceived by your team.
- A desire to move up in your career but uncertain about the path.



Reach out for a complimentary discovery session to learn more about if coaching is right for you!