

Finding the Right Coach

*You are a professional who knows where you want to go.
The right coach can help you get there.*

THE ROLE OF THE COACH

Achieve more.

Whether you're looking for that added edge, a higher level of performance, enhanced learning, or greater career satisfaction, the right coach can help.

A coach's role is to assist you, the client, in articulating your goals, and offer you the guidance needed to achieve those goals. An effective coach fosters the capacity and self-confidence needed to produce results by drawing information from you to promote your awareness and help you explore your choice of actions.

The coach is not there to evaluate your performance.

A coach:

- practices active listening in order to develop a thorough understanding of your desires, challenges, environment and circumstances
- challenges you to focus on the skills and actions required to produce desired results
- offers you objective assessments that promote self-awareness and awareness of others
- supports new ideas, effective planning and sound decision-making
- encourages stretch goals that address personal strengths and aspirations
- challenges you to explore blind spots in order to illuminate new perspectives and possibilities
- maintains professional boundaries in the coaching relationship, including confidentiality and the coaching profession's code of ethics

THE ROLE OF THE CLIENT

This is your opportunity to make significant strides towards achieving your unique life and business goals. To obtain the full benefits of the coaching relationship, you must commit to use the tools, concepts, and principles provided by the coach.

The individual or team:

- establishes the coaching agenda based on personally meaningful goals
- envisions personal and/or organizational success
- uses coach assessments and observations to enhance self-awareness and awareness of others
- engages big picture thinking and creative problem solving skills
- assumes full responsibility for personal decisions and actions
- takes advantage of the coaching process to promote new ideas and embrace fresh perspectives
- makes bold steps towards achieving goals

THE COACH-CLIENT RELATIONSHIP

The making of a high performance life.

Your relationship with your coach is built on respect, honesty, communication, and accountability. A healthy coach-client relationship motivates you to consistently perform at the highest level, and achieve meaningful, profitable results in business and life.

TYPES OF COACHING

Tailor-made for you.

Individual Coaching: An individual coaching session is a focused one-on-one meeting with a coach. The coach offers perspectives and solutions based on your unique situation. The sessions are tailored to you based on a structured and measurable approach.

Group Coaching: A mix of in-person and virtual interactions with a group, facilitated by a coach. Group sessions often focus on addressing real issues that you face, by leveraging input from others.

HOW COACHING WORKS

Working together for success.

The coaching process often begins with a personal interview to assess opportunities and challenges, define the scope of the relationship, identify priorities, and establish goals. Your coach will work with you to develop a customized plan, and together you will implement it, assess it, and adapt it as you go along.

CHECKLIST FOR CHOOSING A COACH

- Assess what you would like to garner from a coaching relationship.
- Review the coach's credentials to see if his/her coaching experience and areas of expertise fits your unique needs.
- Interview a selection of coaches to assess their suitability and evaluate your comfort level in dealing with each coach.
- Ask the coach about their philosophy of coaching.
- Be sure to ask about the coach's fees and payment process.



Claire Carver-Dias is a communications consultant with ten years of corporate presentation experience. She specializes in goal setting, team building, and media training, using her experience as an Olympian and business owner to help corporate groups achieve their business goals.

Learn more about Claire and IMPACT's services on our website: www.impactconsultinginc.com