

What is Coaching?



Coaching is a confidential client-driven process, where a professional coach helps the client identify and take actions towards specific goals.

The goal of coaching is to help the client expand his/her view of their own potential and empower them to take action towards personal and professional objectives.

What coaching is not...

- Therapy
- Mentoring
- Consulting
- Directing or solving problems for you

Your coach will ...

- Offer you a unique and confidential opportunity for analysis, reflection and conscious action
- Listen carefully and unconditionally support your goals, needs and values
- Help you reflect to reach deeper understanding and identify sustainable positive change
- Ask powerful questions to discover multiple options
- Assist you in setting measurable objectives to reach your goals
- Hold you accountable for actions you commit to
- Help you celebrate success!

Client responsibilities to the coaching relationship...

- Commit to the process
- Have a specific goal and priority for each session
- Take responsibility for what you want to get out of it – Be Bold
- Stay focused and speak honestly
- Respect scheduled appointments
- Let your coach know if you are not immediately getting what you need



Research more on the [Federal Coach Network](#)

Research more about [professional coaching](#)