

COACHING

The Best You Can Be

The International Coaching Federation (ICF) defines coaching as:

Partnering with clients to inspire them to maximize their personal and professional potential.

Considerations for coaching...

- Look for coaches who have a coaching certification and ideally, coaches who are credentialed by the International Coaching Federation (ICF)
- Great coaches will let you know that they can offer you useful new skills, awareness and knowledge, and help you integrate what you've learned into your day-to-day life. They will be able to describe very specifically how they have worked with others to improve their leadership, management, and or business operating capabilities.
- Effective coaching enables clients to be better at their jobs, and to create the future they want for themselves. Good coaches help their clients get clearer about how they can best contribute to their organization's success, and then to achieve better results.
- Good coaches make very clear agreements about confidentiality upfront with their clients, and they keep those agreements.
- A good coach will tell you that his or her approach includes gathering feedback about you from those who work with you most and 'patterning' that feedback to draw a clear picture of how you're seen by them, and then working with you to decide the areas where the two of you can have the greatest positive impact on how you're viewed, your capabilities and your success.

<https://www.forbes.com/sites/erikaandersen/2013/08/15/5-things-to-look-for-when-choosing-an-executive-coach/?sh=3728ff974a3a>

