



5 THINGS YOU GAIN FROM LEADERSHIP COACHING

Do any of the following apply to you?

- Do you want to be a more effective leader?
- Do you feel there are obstacles in the way of achieving your goals?
- Do you need more guidance and support in addressing specific concerns?
- Are you unsure why, despite your best efforts, some things are just not working?

If you checked yes to one or more you might benefit from a coach!

There are two basic rules for finding a coach. First, make sure **you are ready and willing** to be coached. Second, choose a coach you **want** to work with.

The more accountable, influenceable, open to feedback, and self-reflective you are the greater the benefits will be!

1. Achieve Goals

A coach can help you identify your goals and stay accountable, increasing the likelihood that the goals will be achieved.

2. Individualized Learning

Coaching facilitates deeper learning. You will learn more about yourself, gain insights on how others perceive you, and understand how small changes in behavior can dramatically improve results.

3. Improve Specific Skills

Coaching often focuses on specific skill building including communication, feedback, emotional intelligence, accountability, structures, and team cohesion.

4. Gain Perspective

As a third party, a coach offers a safe space to discuss sensitive topics to gain perspective without feeling intimidated office politics or hurting feelings.

5. Personal Awareness

Coaches can help you become aware of your blind spots—areas of work or personality you are not aware of that need improvement. Becoming aware of these areas allows you to work with your coach on improving them.