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Signs You Could Benefit from Coaching

A Coach is not a therapist, a friend, a mentor, or a counsellor. A Coach works closely with their coachee with the intent that the coachee will develop their own capabilities to achieve future outcomes. Through a series of observations and practices, a Coach can help to equip you with the insights, behaviours, and skills to bolster your performance in life.

How do you know if you can benefit from an integral approach to coaching?



Do you see **uncomfortable patterns** emerging from your day-to-day activities?

For example, do you struggle to relate to your team?
Always have a jerk for a boss?



Do **feelings of inadequacy** get in the way of your performance and start to hijack your focus?

Are negative thoughts **lowering confidence** levels?



Are you **not satisfied** with your current performance and have bigger dreams that you want to accomplish?

Do you find it **difficult to reach your goals**?



Do you have **time management problems** or continuously feel behind?

Are you struggling to find a **work-life balance**?

If you can relate to any of these challenges, an integral approach to coaching may help you discover new capabilities and evoke excellence in yourself...and others.

