



Business Coaching – what’s it all about?

You may own or manage a business or hold a management position within an organisation. You’ve put in time and effort (lots of) and honed your skills to be where you are today. Who helped you? Who did you model your success on? Have there been a few learning experiences? Are you passionate about your job and your role today? And do you have a life outside work?

I know, I know – I ask a lot of questions – but actually, as a coach – that’s my job. As Francis Bacon said, ***“A prudent question is one half of wisdom”*** and how true this is. Essentially, coaching is about asking the right questions – I know you have the answers but they may be hidden – my role is to guide you to find them.

Coaching helps us to identify and clarify issues and goals that are important to us and it also provides the space to develop strategies that will move us forward in achieving our desires.

But, (I hear you say) I’ve done okay so far, how could a coach add any value to me and my business success?

Most of us do a great job of coaching ourselves whether we do it consciously or unconsciously. We have great experience, knowledge and intelligence as well as the innate ability to find our own answers. Coaching simply accelerates our understanding and allows us to make fast, effective change and take positive action to realise our goals. ***It’s empowering and powerful.***

What can we do to add more value and passion into our working lives? What is the next step for our business or career? How can we better manage and empower others? How can we act rather than react? And how do we live our lives ***‘on purpose?’***

Coaching provides the platform to accelerate your business aspirations. In our coaching sessions (that are up to an hour) we follow a process of questioning that will help you to clarify any issue and the circumstances of the situation. This will lead you to considering what options are available so that you may start to solve the issue and move forward to a satisfactory resolution.

You will decide what if any action you will take and you will be responsible for the outcome. Your business is in your hands.

What do you choose?