

HOW WORKING WITH A COACH CAN HELP YOU



TOP TIPS

Have you ever thought about working with a coach before? If you are serious about achieving your biggest goals, you should seriously consider it. Working with a coach is a great way to boost your results in almost any area of life. Having someone to teach you the ropes, or build more accountability into your life, is a wonderful way to ensure you achieve more. If you are wondering if working with a coach could help you, please consider these nine benefits.

1. Helps You Define Your Goals

Many of us have goals, but often they are loosely (or not at all) defined. A coach can help take the hopes and dreams out of your head to create concrete goals. Instead of just wanting something, you start taking real steps towards it.

2. Adds More Accountability to Your Life

It's funny, but we have a much easier time letting ourselves down than we do letting others down. Having a coach means one more person in your life you don't want to let down. You will feel more accountable and be more likely to achieve your goals when you know someone will ask you about your progress.

3. Encourages You to Define Your Values

Do you know what you stand for? Maybe a better question is, do you know your core values? Regardless of the question, if you struggle with the answer, then a coach can help you. A coach can't tell you your values, but they can ask you questions that will help you define them yourself.

4. Helps You See Yourself More Clearly

A good coach will help you become more self-aware. This self-awareness will allow you to be more honest with yourself. You will know what you are good at and what you aren't so good at doing. Self-awareness allows you to double down on your strengths while figuring out how to deal with your weaknesses.

5. Assists Skill Building and Development

The most obvious benefit of a coach is their ability to help us build specific skills. For example, if you are interested in becoming a better business person, it makes sense to work with a business coach who has been there and done that. You get to learn from both their experiences and their mistakes.

6. Offers a Safe Space to Talk about Sensitive Issues

Whether you find the current world too sensitive or not, it's a fact that we need to watch the things we say. Having a coach gives you a safe space where you can talk about more sensitive issues. This doesn't mean you have a place to spout hate, but you can at least vent a bit more freely.

7. Encourages You to Step Out of Your Comfort Zone

The comfort zone got its name from being comfortable. Once you are in it, you don't want to get out. A good coach will coax and challenge you to step out of it. Stepping out of your comfort zone once in a while will make it easier to create positive change in your life.

8. Offers a Different Viewpoint

When you have a coach, you have someone else to bounce ideas off of. It is so easy to get caught up in your tunnel vision that you might not even consider differing opinions. A coach forces you to consider different viewpoints and opinions. This helps you become a more well-rounded individual.

9. Helps You Make Tough Decisions

Sometimes it feels like life is nothing but a series of difficult decisions. While this isn't always true, it has a basis in reality. How much would you like to have someone else to talk to about these decisions? A good coach provides that kind of assistance.

FAST-ACTION STEPS

- 1.** Take some time to think about different areas of your life that could use a boost. Write these down in a list.
- 2.** Carefully consider the list from the last step to figure out if a coach, mentor, or teacher could help you in any of these areas.
- 3.** Choose the area of your life that could most use a coach, and start researching coaching options. If you find a fit right for you, take a chance and reach out.