

WHAT IS COACHING? IS IT FOR ME?



Inner Change
ENTERPRISES, LLC

Coaching is a highly tuned and powerful process of communicating and problem solving. Our partnership as coach and client is co-creative and focused entirely on your interests, challenges, and goals. My job is to honor and support you and your unique purpose, values, and direction in your life and work.

The Coach's Role

A coach is an unattached thinking and accountability partner.

In our coaching relationship, I will:

- Create a supportive space, complete with ethical boundaries and policies.
- Genuinely appreciate your unique talents, values, and beliefs.
- Ask insightful, direct questions and provide perspectives that catalyze your agendas, goals, and solutions.
- Take the risk to be wrong rather than holding back important truths.

In our coaching relationship, I do not:

- Diagnose, treat, fix, or give advice.
- Take responsibility for your feelings, decisions, actions, or success.
- Continue working with you when I believe the relationship is not benefiting your forward movement.

The Client's Role

As a client, you choose to work with a coach to make progress toward your goals and dreams—more progress than you would make on your own.

In a coaching relationship, you will:

- Supply an authentic agenda or topic of discussion for each session.
- Show up punctually and energetically to sessions.
- Be responsible for your own feelings, decisions, actions, and success.

Coaching versus Consulting

There are strong distinctions between coaching and consulting:

Consultants:

- Advise their clients about how to solve problems.
- Are focused on results.
- Are hired to produce a certain outcome.

As a coach, I:

- Guide my clients to their own solutions.
- Focus on my clients as people.
- Am hired to support my clients as they achieve a certain outcome.

Coaching versus Counseling

There are important distinctions between coaching and counseling.

Counselors:

- Work with clients who need professional help to work toward healing, recovery, and issue resolution.
- Are experts in medical and behavioral sciences and trained to treat diagnosable conditions.
- Are required to keep their personal feelings and thoughts removed.

As a coach, I:

- Work with clients who want a detached partner to help them evolve and enhance their lives.
- See my client's brilliance, strengths, and areas in need of development and use my training to support my clients.
- Share personal thoughts and experiences as a tool to catalyze and challenge my clients.

Is coaching for you?

Ask yourself these questions as honestly as you can:

- Do I sincerely need and want to improve my life?
- Am I willing to put forth consistent, intentional effort to change?
- Am I open to honest feedback and candid assessments?
- Do I realize I am the only one who can make my life better?
- Do I view coaching as a worthwhile investment in myself?

*Ready to begin coaching
with Diana Repko?*

