

# *Hire a Personal Coach*

Olympic athletes hire personal coaches and so do many others that want to get from here to where you want to be – faster and easier!

## ONE OF THE MOST POWERFUL HABITS OF THE SUCCESSFUL!

- A coach will help you clarify your vision and goals
- Overcome and support you through your fears
- Keep you focused
- Confront your unconscious behaviors and old patterns
- Expect you to do your best
- Help you live your values
- Keep you focused on your core genius
  
- Determine specific action steps to help you achieve your goals
- Sort through opportunities
- Achieve greater balance in your life while still accomplishing your business or career goals

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Should you pay for specialized advance? Can it give your career a boost? This is what Forbes says:

Do you have a coach? If not, you could be limiting your career success. That's because coaches help you identify and focus on what's important, which accelerates your success.

- Create a safe environment in which people see themselves more clearly;
- Identify gaps between where the client is and where the client needs or wants to be
- Ask for more intentional thought, action and behavior changes than the client would have asked of him or herself
- Guide the building of the structure, accountability, and support necessary to ensure sustained commitment



**Wainwright Global**

Institute of Professional Coaching

**WHY COACHING WORKS**

Executive coaches are not for the meek. They are for people who value unambiguous feedback. If coaches have one thing in common, it's that they are ruthlessly results-oriented.

**FAST COMPANY MAGAZINE**