



## Do You Need a Coach?

Working with a coach is a powerful way for individuals, professionals and leaders to create a new vision for the future, identify action steps for attaining important goals, break through the obstacles that are blocking them from achieve powerful results, and manage and adapt to change.

How does coaching work? Coaches work one-on-one with their clients to support relevant learning within a safe and supportive relationship. They listen deeply and ask powerful questions that move their clients towards their goals. Coaches help clients identify and move beyond their blind spots. They hold their clients accountable and provide an unbiased perspective. Coaches support and challenge their clients to achieve important personal and professional goals. A coaching relationship can help clients build awareness, engage in new thinking, take new actions and achieve desired results.

Your responses to the following questions can indicate whether coaching is right for you.

### Personal

- Do you want to make a change in your life?
- Are you struggling to adapt to a planned or unforeseen life transition?
- Would you like to achieve more work-life balance?
- Do you need help incorporating wellness into your daily life?
- Are you interested in developing a deeper sense of meaning?
- Have you been searching for new passion and purpose in your life?
- Would you like to create a new vision for your future?
- Do you want to take on something new or let something go?
- Would you like to learn how to anticipate, manage, adapt and flow with the changes that life presents?
- Do you want to identify and move through obstacles to change?
- Have you been contemplating a healthy new you?
- Would you like to understand how your values regarding money affect your financial position?

### Business

- Do you want to take your business or professional practice to the next level?
- Do you want to build your leadership competence and capacity?
- Would you like to improve your skill in setting and effectively communicating a vision?
- Would you like your managers to develop stronger leadership abilities as they assume new responsibilities?
- Does your team need help learning to work together effectively?
- Is someone on your team derailing?

- Has your team become disenchanted and need help renewing itself?
- Does your team need help with new scenario development and strategic planning?
- Are you struggling to embrace and overcome conflict?
- Would you like to improve the morale of your organization?
- Are your corporate values and mission aligned with your everyday operations?
- Are you interested in building a more collaborative environment?
- Would you like to help your employees enjoy more fulfilling and productive careers?
- Would you like to set better goals and take more action?
- Are you looking for ways to more fully leverage the natural strengths of your employees/team members?
- Would you like to build a culture of coaching in your workplace?
- Would you like to build a more creative atmosphere?
- Do you want to achieve more sales?
- Do you need help with client development and/or retention?

If you answered yes to any of these questions, then you may want to visit our website: [www.centralohiocoaches.com](http://www.centralohiocoaches.com) for more information about coaching and coaches who are available to collaborate with you to design effective strategies for reaching your goals.