

Coaching

Coaching is a profession that promotes excellence within individuals and groups by facilitating learning, engaging untapped potential, and supporting effective action.

Coaches:

- Help people set better goals and then reach those goals.
- Ask their clients to do more than they would have done on their own.
- Focus their clients better to more quickly produce results.
- Provide the tools, support and structure to accomplish more.

Coaching is a form of consulting. However, the coach stays with the client to help implement the new skills and changes to make sure they really happen. Coaching is not therapy. The aim is to set practical personal/ professional goals.

There are many forms of coaching. For example, Parent Coaching is especially helpful during separation/divorce by giving you the tools to understand what you are experiencing, and why your children and ex partner are behaving the way they do. You will discover what your children need from you, what to say to them, and how to communicate with your children's other parent more effectively. Generally, the coach does not involve your children. After a few sessions, the children receive the benefit of coaching while you change your behaviour.