

Frequently Asked Questions About Coaching

What is Coaching?

- A personalized, professional relationship in which you will create a future vision, develop competencies, and take effective action toward your desired results.
- A process of inquiry and personal discovery.
- Provides structure, support, and feedback that are critical for your success.

What are the benefits?

- Achieve more success than you thought was possible through innovative approaches.
- Help already successful people and organizations identify and capitalize on strengths.
- Overcome obstacles to achieving success through a clearly defined course of action.

Who are typical coaching clients?

“Joan found herself in frequent power struggles with her team members and bosses, even though her technical ideas were correct for the project. She couldn’t understand why her team was not more cooperative.”

“Carol is an African-American woman on the fast track with a large energy company. She is a young, attractive, bright woman with a family and two small children. She has just taken a promotion which requires more time away from her family. She has trouble getting her white, older, male co-workers to take her seriously and is questioning her decision to take the new position.”

“Joanne has been a flight attendant for over 20 years. She recently graduated from law school and passed the bar. She is trying to make the transition from flight attendant to lawyer both logistically and mentally.”

“Mary wanted to brush up on her interviewing skills for a higher level position within her company.”

How can coaching benefit a business or organization?

- Successful conflict resolution.
- Development of leadership skills.
- Hiring and retaining the right people.
- Creating successful mentoring programs.
- Training key employees to develop internal coaching programs.
- Increased performance and profitability.
- Improved customer service and relations.

What is the format of a coaching session?

- Clearly defined client goals drive the results.
- Process is collaborative and interactive with your coach.
- Communication is in person, by phone, or via email.
- Sessions vary in length, from 15 minutes to over an hour.

Who should attend this Seminar?

- Women who want to learn to use coaching for their personal achievements in life and work.
- Women who wish to develop a coaching format for internal use within a business or organization.

What is the Post Workshop Complimentary Coaching Session?

- Scheduled with one of the workshop facilitators.
- Scheduled at a mutually convenient time within 6 months of the workshop.
- 45 – 60 minutes, in person or by phone.
- Content of the session will be determined by you.