



Select a Career Stage

All Career Stages

OR Enter your Question

 Ask

Question

What does a Coach do?

Answer

With a coach, you can: **Assess your behavioral style.** Get an objective look at how and why you work the way you do, then learn how to leverage your strengths in work and life. **Create an action plan to achieve your goals.** In each coaching call, you'll identify 2-3 objectives for the following week so you'll continually see progress. **Eliminate clutter from distractions.** Coaches utilize tools and assessments to help you achieve greater clarity and focus on what matters most to you. If you have trouble saying "No," a coach can help you set boundaries and have more control over your life. **Obtain support and structured guidance through a transition.** Whether you're looking for a new job or striking out with a business of your own, a coach will help you strategize and execute on your plan. **Have an unyielding champion.** A coach is always on your side, wanting what you want and encouraging you to get there. When you falter or question your ability to reach your goals, your coach will motivate you to keep going. **Work with someone who will listen attentively, but not be afraid to tell it like it is.** Although a coach is your undeterred supporter, he or she will also be straightforward and honest. Coaching is grounded in inquiry- and coaches will ask the tough questions to get you to the heart of the issue. **Get "unstuck."** Using active listening, structured goal setting, and undeterred encouragement, a coach will help you overcome the hurdles that are in your way. **Be inspired to live a more passionate, fulfilling life.**

How well did this answer your question?

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