

barbara

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Women's Leadership Coach

Top Ten Reasons to Give Your Self the Gift of Coaching

1. You'll Prove to Yourself that You're Worth It

How often have you lost yourself in pleasing others, only to end up more stressed out than ever? Coaching provides specific times dedicated to you and you alone, where you can focus on making sure your reservoir of joy and goodwill never runs dry.

2. You'll Help Others Understand What Pleases You

People can't treat you the way you want to be treated if you don't or can't explain what that is. And before you can tell others how you'd like to be treated, you have to clearly define it for yourself. A coach can work with you to create the best definition of what makes you happy, and help you build the skills and the confidence to convey that definition to others.

3. You Can Stop Relying on Others to Make You Happy

Similar to #2, but not quite...

If you don't truly know what makes you happy, you may be relying on others to define it for you. This may make you feel alright for a while, but this good feeling is fleeting. You may find yourself saying, "If this was OK before, why am I not happy now?" Once you clearly define your deepest desires, *you* can take control over fulfilling them. One of the best and fastest ways to create a description of your dream life is to work with a coach.

4. You'll Be Able to Clearly See Your Greatest Potential, and Know How to Reach It

Are you feeling that your life is beyond your control? That you simply cannot tell people no, set your own agenda, find time for yourself, etc.? You *can* control your life—and control is achieved through clarity. A coach is one of the clearest windows to your possibilities, and the clearest mirror of your successes. He or she will help you see what's possible for you, and set clear, achievable goals to get there.

5. You DO Have the Time, Power, Ability, Whatever!

It's easy to make excuses about why we can't do something. "I don't have the time (the power, the control, the money...insert your favorite excuse word here)." Sometimes we find it easier to abdicate responsibility—rather than take the initiative to make things happen. A coach can help you see that you *do* have the ability (or the time, or the power, or whatever it takes), and will work with you to discover the confidence to achieve your dreams.

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6. You Don't Have to Do It Alone

While it may be easy for you to motivate others (getting the kids to school, managing employees to meet a critical deadline), it may be very difficult to motivate yourself. Often we put ourselves at the bottom of our list, and find we have very little left when it's our own turn to be motivated. Your coach will be with you every step of the way—you never have to travel a challenging, intimidating, scary or exciting road alone. He or she will be your parachute as you jump into the next greatest phase of your life.

7. This Is an Investment that Actually Generates a Return

You will come away from each coaching session with several useful ideas, bits of information, motivational tools, and confidence-building skills. Your coach will draw on a vast body of knowledge—other clients, fellow coaches, his or her own experience—to make sure you have what you need to define and achieve the success you want.

8. Give Yourself a Gift that Fits You Perfectly, and that You Will Actually Use

How many gifts sit in closets, get given away, or are returned because they aren't right for you? Once you define who you are and what your success is—you'll be surprised at how well everything seems to fit. Your coach will help you define and achieve the life that best fits you.

9. We All Deserve Our Own Cheering Section

We all deserve unconditional support. We deserve someone who truly wishes for our success—not because it makes them happy, but because it makes *us* happy. Your coach will be your unconditional champion and constant motivator through the challenges you'll experience on your way to creating your best life.

10. Value Lasts Long After the Gift Is Used Up

You will benefit from an increase in clarity and self-confidence as you work with your coach. These qualities, and the other discoveries you make about yourself, will serve you well throughout your life—long after your coaching relationship has ended.

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