

Your Coaching Partnership with Dare Dreamers, LLC

Coaching is a unique methodology based on questioning techniques, goal setting, discovery, and accountability. It is not training in the traditional sense of the word. The belief is that people are capable of discovering what they want and need to accomplish and how they can get there. The process will guide you to:

- ❑ Look at the reality of your situation
- ❑ Identify the obstacles you need to overcome
- ❑ Examine needed resources, skills, and knowledge and how to get them
- ❑ Explore the many options that are available for you to create significant change in your life

Coaching also entails a commitment from you to follow through on the empowering actions that will guide you towards your desired outcome. Statistically, there is research (Jack Phillips ROI study, 2001) that shows a 352% return on investment. For every \$1.00 spent on coaching there is a \$4.52 increase in productivity.

Coaching is not:

- ❑ Therapy
- ❑ A quick fix
- ❑ Advice giving
- ❑ Based on a fixed agenda

"If you are looking for any of the following, you probably should **not** call a coach:

- ❑ Someone to fight your battles
- ❑ Someone to do your dirty work
- ❑ Someone to validate your bad habits
- ❑ Someone to console you because your mother clearly favors your sister.

Instead, coaches are committed to help you explore your strengths, shore up your weaknesses, establish your goals and support you in your growth, all in an objective and non-judgmental way. It's also important to note that coaching is not therapy."

Jacki Summers

Gimme a C-O-A-C-H

Salon Today, May 2002