

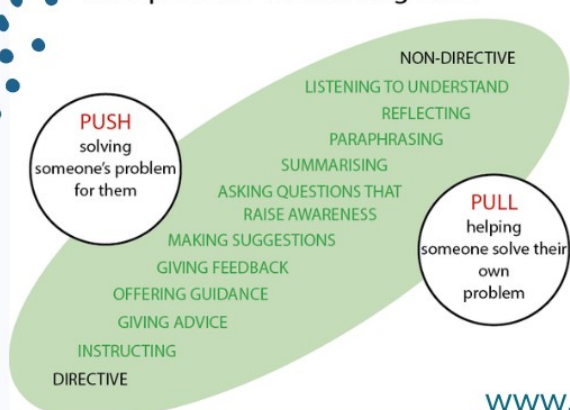
COACHING

"Partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential."
- International Coaching Federation

WHAT DEFINES A COACHING RELATIONSHIP?

- Goal focused
- Confidentiality
- Contracting between coach and client
- High support with high challenge
- Mostly uses non-directive coaching skills

The Spectrum of Coaching Skills



COACHING THEMES

- LEADERSHIP STYLES
- CAREER PROGRESSION
- CONFLICT / OFFICE POLITICS
- CONFIDENCE
- INNER CRITIC
- RESILIENCE
- AND MORE!

Performance =
potential -
interference

Tim Gallwey (1971)

