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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Team Coaching To Business Coaching, It Gets You In The Game

By Michelle Freis

Coaching is a process of teaching and directing. The one who directs is known as the 'coach'. To

grow within a society and to learn proper skills to establish and perform, coaching is very necessary. At every stage and in various aspects of your life, you will find a need for coaching. It imparts knowledge, discipline and skill to perform wherever there is a requirement.

There is no definite line of coaching as coaches are independent to select the type and structure of coaching. Encouragement, inspiration and advice constitute the base of a coaching technique. These elements are present in all types of coaching (like sports, business, personal and career coaching). An approach towards coaching should be very responsible and disciplined because it requires patience and hard work. It is a very traditional method and starts at a very informal level where parents teach their children. Generally elders are regarded as good coach for the young ones who are passing through a learning stage. Here are few definite types of coaching that differ from one another with regards to features, functions and time period.

Personal coaching: When a person offers individual coaching to a client then it is personal coaching or "life coaching". A mutual understanding is established between the client and the coach and the coach carries forward with a definite progress plan. Constant feedback is given to the client and this type of coaching can enter an informal level. A coach analyses the strengths and weaknesses of the client and works towards repair and rebuilding.

Team coaching: A single client is replaced by a team in team coaching. A coach takes care of a particular team and prepares a chart of progress for each individual and an indicator of group performance. This is a better learning process as the clients can learn a lot from each other. Moreover, a collective effort is always better than singular approach.

Business coaching: Business coaching is completely focused at assisting a business owner towards a distinct and efficient business plan. A business coaching can be operated in any department of commerce, from traditional business and entrepreneurial start-up business to e-business. Unlike other coaches, a business coach needs to be completely aware about the current advancements and changes in the business scenario.

Career coaching and executive coaching: Perhaps career coaching is one of the most common coaching types. Almost every student needs guidance to build a satisfying career for him or her. There are many queries and difficulties in students' life and sometimes they are unable to handle the situation. Executive coaching is professional type of coaching to impart skills, strategies and professional (according to the profession) behavior to the executives.

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You May Need A Coach To Get You Where You Want To Be

By Allan Katz

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Do I need a coach to help me get where I want to be?

by Allan Katz

What do you mean by coaching?

Coaching is an alliance two or more people have to identify, set, plan for and attain a specific goal or goals. Coaches work on any issues or challenges that seem to be standing in the way of achievement. Coaches help you identify what is working for you in your life and build those strengths. They identify what is not working or where there is room for improvement in any particular scenario and develop a strategy for change.

Where did life and business coaching come from?

Business, career and personal coaching takes it's identity from sports coaching. Top sports people have always got to their peak and been kept there by a coach who believes in their potential and holds them accountable for what they say they want to achieve.

What does coaching do?

Coaching helps you close the gap between where you are and where you want to be - personally and professionally. It enables you to identify your choices and set your goals. It supplies you with the tools and encouragement to shape your future and weave your dreams into the fabric of your life.

Is coaching therapy?

No. Therapy mainly deals with healing the past. Coaching is about enhancing the present and planning the future. Coaching uses information from the client's past to clarify where the client is today.

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Coaches expect to serve as a resource, confidante and mentor, but don't want clients to let themselves get into the position of needing coaching as a dependence thing or a fix. You are the one who will find the answers. Coaches just try to provide a clearer map than you may have had in the past.

Is coaching consulting?

No, coaching is more about helping the client to learn to make good choices than about giving advice. Coaches help you discover and consider the various alternations, but you are always in the driver's seat with the decisions. In coaching the client is always in the drivers seat - Coaches coach, you do the laps!

How long would I need to have a coach?

Until you think you have achieved what you set out to achieve. The time frame can vary from a few months to several years - as long as you feel you are getting value from the relationship. Although we will make some firm agreements and commitments at the start of the coaching relationship, you are free to stop coaching at any time if it is not working for you.

Leading executives, professionals and entrepreneurs are quickly discovering the personal and professional benefits that coaching provides.

For more information on coaching and to explore a FREE Hour of Coaching, go to <http://www.tobecoached.com>.

Allan Katz is Editor of the ToBeCoached.com web site and To Be Coached Newsletter. He is a 21 year veteran retail loyalty marketing coach and the author of the book, "The Complete Guide to Retail Loyalty Marketing."



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