

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

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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.

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.

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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."

Public Speaking Tips For Kids

By James Masterson

Public speaking is one skill that kids should enhance. Aside from practice, public speaking for kids requires personal coaching. Personal coaching includes the development of self-confidence and the effort on helping kids to improve their public speaking skills. For beginners it is important that they undergo this kind of learning to have a better public speaking approach.

Kids have their own skills and abilities on how to deliver a presentation. It is up to the coach to bring out that natural skill in them. The kid only needs to listen and internalize all the things that the coach will teach.

If you are the kid being trained, you will be introduced to an approach in public speaking that can be convenient to you. The coach will not attempt to change your style and be different to other speakers; although speakers seem to be more effective if the audience finds him unique in his public speaking.

The coach will try to enhance your own skills and talents that are already present in you. You can expect comments and feedback from your coach during the training process. He will provide you the much needed guidance and specific knowledge for the coach is obliged to produce a better result in your training. Here are some reasons why you will need a personal coach:

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- You may ask for a coach if you need help on a specific presentation that is very important to you.
- If you want to concentrate on specific communication and speaking issues that are covered in general workshops and seminars.
- If you have encountered sessions and workshops that progress slowly and are too standard or maybe do not get your interest.
- When you are too busy to attend trainings because you cannot choose just one that can answer your needs.
- If you are not comfortable in the team setting or you may feel that your speaking skills are on a much higher level.
- If you have undergone public communication and speaking lessons before and you may need additional knowledge and enhancement.
- If you have found you work much better and develop faster with a personal approach.

Getting a personal coach does not mean you are a slow learner or have poor communication skills. There are many reasons why will you need to have a personal coach, as mentioned in the above list.

Coaching can be just like that, like any sport where a team needs a coach to perform well and be guided on the executions. For a child that wants to be trained in public speaking as early as in his early childhood, it could be better if the child is already trained on how to address and interact to other people by means of public speaking.

James Masterson is Stand out, Be Recognized and Be Remembered keynote speaker. [Click Here To read his latest advice](#)

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