

# Benefits of Coaching

**Self Awareness** – Coaching helps the client to better understand their unique strengths, preferences, weaknesses, and triggers.

**Leadership Style** – Coaching gives the client the opportunity to examine their unique leadership style and the impact of it on others.

**Goal Setting** – Coaching gives the client the space to set clear goals and provides an accountability partner (the coach) to help keep them on track.

**Self-Confidence** – Coaching helps the client to increase their self-confidence and work through feelings of self-doubt.

**Responsibility** – Coaching helps the client take greater responsibility for their actions and ultimately their lives.

**Internal Dialogue** – Coaching helps the client gain awareness of their internal dialogue and the unconscious expectations they set themselves.

**Relationships** – Coaching helps the client explore their relationship with others, including what's working, and what's not working, and what they'd like to shift.

**Conflict** – Coaching allows the client to explore their thoughts and beliefs related to conflict and test out new strategies.

**Personal Life** – Coaching offers the client the chance to explore their work/life balance so that they can recalibrate when needed.