

Top 30 Reasons to Hire a Coach

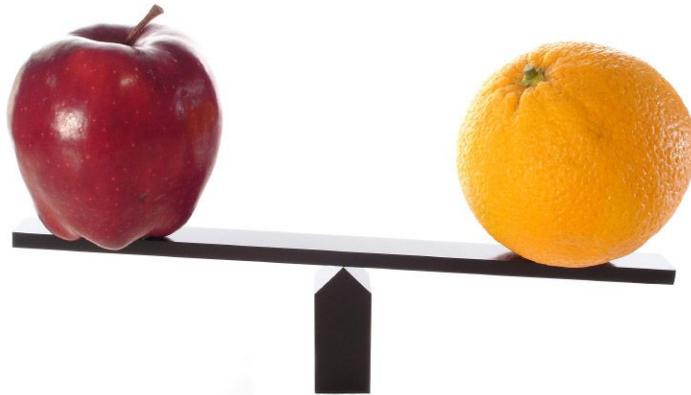
by Deborah Bowman, PhD

1. **A coach can be a confidant to share ideas and concerns with.**
2. **He or she can help an individual see blind spots and then provide objective feedback.**
3. **A coach can be a sounding board as well as a fresh set of eyes on an issue or problem you want or need to resolve.**
4. **If you identify that personal and/or professional development is a requisite at a specific point in time, then you need a coach to help you visualize and pursue that goal.**
5. **A coach *will* hold you accountable!**
6. **A source of creative ideas and someone who can help you create a vision is what a coach can offer.**
7. **Support with positiveness and inspiration can be garnered by a coach.**
8. **If you are grieving over a preceding or subsequent loss, then a specially skilled grief coach can absolutely help you move forward.**
9. **If work/family balance is an issue where you are working far too many hours at the expense of family and leisure time, then having a life coach or mentor will help in developing a path that will work for you specifically.**
10. **Making an impact on the bottom line of your business requires several factors that play a role such as leadership, team functionality, innovation, business structure/systems, delivering on customer expectations and so forth. These are all contextual items a business coach can work with you on.**
11. **If your career is in need of revamping because you've been laid off or are in-between jobs then, a career coach can help you determine which is the best path based on your knowledge, skills, and ability and then which way turn.**
12. **Hiring an entrepreneur coach is ideal if you are an industrialist and feel the need to chase something that feels elusive and you need help deciding a path-goal relationship.**
13. **If there's a budget for professional development and you desire to progress to the next level, then the coaching fee is the price you should afford to obtain that goal.**
14. **If a specific behavioral or business challenge is getting in the way of progress, then having someone to identify and guide you is a good choice.**
15. **If you are an expatriate who needs support, then a coach can help you hit the ground running.**
16. **If you are currently in a new role at work and need support, then a coach can help you become effective as quickly possible.**

17. **If there is something that is keeping you awake at night, then this alone is a reason to seek the help of a coach.**
18. **If you lack a clear strategy for your business and need an objective view, then a business coach can help you balance this project systematically.**
19. **A coach is a great investment when there are too many issues to cope with alone and you need a confidant, mentor or a sounding board to make change happen and meet your expectations.**
20. **A coach uses a discovery process that will reveal where a hindrance lies, whether it's in your own thinking and beliefs, within your team, in your competitive or regulatory environment, or in your processes and technology.**
21. **Even if you are self-reliant and just feel the need to invest in yourself and have a safety net, most type coaches can help you move forward.**
22. **A specially trained coach has been taught to help individuals to better adapt to organizational and life changes.**
23. **If you either lack the clarity, focus, mindset, the skills to drive your business forward, or perhaps don't know what you want from your business or how to get it, then a coach is your best option.**
24. **A private and confidential consult is important if you are the business owner or a member of the senior team and have issues or fears you don't yet feel comfortable raising with the rest of your peers, managers, customers, or the public.**
25. **When an employee, whether a-level or c-level, needs development because of a transition or major change a coach can help.**
26. **Bringing someone into either your business or personal situation to challenge, push and inspire you again and again might just take you to a better place, be it profits, a new job, down a different life journey, or wherever.**
27. **Coaching is not a walk in the park or a quick fix and if you ask someone who has been coached, they will likely have nothing but positive things to say about the results and experience.**
28. **The person may be having interpersonal issues with someone and need help with communication skills, conflict management/resolution and so forth to deal with the corrosive situation... support from a skilled coach would be helpful.**
29. **Coaches help create vision and then provide moral support, the potential for growth and a trusting confidant to achieve that vision.**
30. **It's hip to be coached!**

Conclusion...a coach offers something different for everyone! Often times, people feel isolated at the top or elsewhere in their lives and need to offload with someone who is not biased or personally connected to the situation. Most individuals fall somewhere on this list and actually fall under more than one reason. No matter where you fall on the list, the

bottom line is establishing boundaries and goals, determine what stage you are in the change process, assimilate or figure out how to accommodate to the new vision and then pursue the new goal or vision. So, become resilient and optimistic about your growth strategies and find out for yourself how a coach can help.



Contact us by email at admin@organizedperformance if you need a referral for a coach that can meet your needs or call us @ 618.799.9456.