

# WHAT IS COACHING?

Your life is a precious gift. An adventure full of mystery and wonder. What if you could use it to its full potential?

**Coaching is, above all, an investment in your future to consciously create the future you want.**

Coaching is an interactive method that enables individuals and organizations to achieve extraordinary results by increasing their performance. Coaching offers a unique perspective that recognizes both the importance of individual leadership skills and characteristics and the importance of recognizing individual differences, needs, motivation, preferences, abilities, energy levels, experiences, and expectations.

**Coaching is defined as a planned learning and development process. It is a learning and development process that focuses on reaching achievable goals and possibilities by revealing the existing potential of people.**

Coaching has been a growing discipline for years and has spread all over the world. Initially, coaching was limited to sports and semi-technical fields. Then, in the late '90s, corporate universities brought coaching into the corporate world, with leading professionals and executives undertaking life and professional coaching sessions. Coaching is a development process. The client gets to know himself better throughout the process, discovers his potential, and develops his competencies by learning from his mistakes. The role of the coach here is to support the client's transformation in the change process.

**Coaching is an opportunity for self-discovery in the process of learning to overcome one's problems alone.**

Coaching methods are pretty diverse. You may come across many techniques and procedures. Still, the main goal is to guide clients to change their existing cognitions and behaviors positively or form new habits until they become natural. The aim is to improve the client's quality of life, both professionally and privately.

Coaching sessions set for this purpose help the client clarify and prioritize their goals, identify the tools necessary to achieve these goals, and identify obstacles that may prevent them from reaching these goals or ways to overcome them.

Coaching gives the client '**courage**', '**motivation**' and '**clarity**'.

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**Coaching is about moving towards what you want rather than being satisfied with what you have.**

- Coaching is a personal development method aimed at the well-being of the person.
- Coaching, in general, is a holistic method for solving problems and achieving results.
- A coach is a mentor who helps the client solve specific problems.
- Coaching (in general) develops the potential the client already has.
- Coaching allows the coach to examine the client and discover his potential, talents, and strengths.
- Coaching helps you learn from mistakes.
- Coaching allows you to face your fears and doubts and position them correctly.
- Coaching offers alternatives in stress and energy management.
- Coaching helps you overcome the difficulties you experience in the decision-making process.
- Coaching is the most significant help in accelerating the growth and change you need in the way your life is today.

**Coaching significantly differs from therapy: therapists often focus on problems. Whereas coaches focus on 'goals.'**

Coaches believe in the combined power of motivation, self-discipline, and hard work. Working with a coach can change your life. You can read hundreds of books and articles and seek advice from everyone around you, but there is always something missing - a piece of the puzzle that needs to be replaced. This missing piece may be preventing your success from becoming a reality, and anyone who feels the need to explore this should work with a coach.

**Coaching addresses the "I don't know how to start" problem.**

In any case, the coach is there to help you develop passion, willpower, and determination to get you to your goal. Aries isn't there to tell you the right thing because you are the expert in your own life. Coach is there to show you how to get it and why it should be done.

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The coach is the person who helps the client identify their strengths and weaknesses, opportunities and threats, and then sets the goals to be achieved with the client.

- A coach is a friend who listens and does not judge but encourages and challenges the client.
- Coaches are catalysts for change.
- A coach helps the client provide a safe and neutral place to explore what they want.
- The coach's job is to help the client develop, step by step, the skills, and habits that will enable them to achieve their goals and to create a healthy, positive relationship with themselves.
- By asking questions that reveal the client's blind spots and inner conflicts, the coach works to gain a new perspective and develop the coping skills and self-confidence needed to achieve goals.
- In the coach-client relationship, the coach's primary role is to create an environment where the client feels free to take risks, explore new alternatives, and explore new possibilities.
- A coach is a guide, not a judge, and the coach's role is to encourage the client's development, not direct it.

**Coaching is the art of asking powerful questions, challenging the client's usual thinking, enabling clients to capture different perspectives, and developing the client's behavioral skills.**

Life is hard. We feel it sometimes at a crossroads and sometimes when we have to chart our way to go. Challenges are a part of life, of course, but that doesn't mean we should ignore them or put them at the center of our lives and give up on our dreams....

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