



What to Expect From A Coach

There are many different coaching styles and just as many opinions as to which is best. Here is a list of what you can expect from our coaching relationship:

Visionary	A coach helps you envision your desired outcome
Strategist	A coach helps you map out a plan to reach your goals
Partner	A coach helps you reach the desired goal
Trainer	A coach teaches you the skills, strategies and techniques to address your concerns
Resource	A coach provides resources and connections to ensure your success
Listener	A coach listens
Motivator	A coach inspires
Supporter	A coach provides support in difficult times
Advisor	A coach offers advice to help you grow
Guide	A coach helps you get and stay on track
Helper	A coach assists you with difficult assignments
Assertive	A coach is direct when needed
Accountability	A coach helps you reach your goals by checking in regularly