



CoachBiz

LIFE MASTERS
INTERNATIONAL

What's Your 4-Minute Mile Barrier?

Why Coach?

In the Information era, knowledge management and effective application are crucial to maintaining a competitive and profitable organization. When a staff member leaves – they usually leave with ALL of their knowledge, skill, insights and relationship links. It's time to enhance the return from your most valuable asset – Your People.

What is Coaching?

Coaching has emerged as a fundamental life skill for people from all walks of life. Whether you use coaching as part of your job, or your interactions with business associates, family or friends, you will discover the power that authentic coaching is able to offer. Coaching provides a powerful framework of reference and focus in order to ensure that goals and outcomes are met and managed.

Coaching is the art of assisting others to define and clarify their goals and outcomes, set a path to achieving these outcomes and provide the support and challenge needed to ensure they achieve what is important to them.

Coaching for Effectiveness

Most organizations require their teams to have high level of interpersonal skills. Coaching and coaching skills will give you a strong advantage in the interpersonal workplace. The ability to support and assist others to gain clarity in their lives and the workplace and access the resources they need to solve challenges and fulfill their responsibilities and dream is both a highly sought after and highly rewarding skill.

Coaching Technologies

As an effective Coach should have exposure and some knowledge and experience with advanced strategies and technologies like...

- NLP (Neuro Linguistic Programming)
- PNI (Psycho Neuro Immunology)
- Emotionetics
- AQ (Adversity Intelligence)
- EQ (Emotional Intelligence)
- Blockage/Energetic Releasing
- Entrepreneurial Intelligence
- Techno-literate

...in order to be able to assist individuals to clarify outcomes, align values, remove goal conflicts, remove obstacles from the past, and seek out and implement the strategies that will ensure success in the future.

Your Coach will never do it for you. They will guide and support you in the achievement of your outcomes, through a focused, high accountability and purposeful action process. This is achieved by your Coach challenging you, by getting you question, to research, to discover, to apply and to refine your actions and resources in order to reach the agreed outcome in the shortest amount of time with the least amount of effort.

Your Coach will stretch you, challenge you, push you, hold you accountable, encourage you, Believe in you, support you. Your Coach will enable you to go places you never believed possible!

Remember Roger Bannister's 4 Minute Mile? His coach got him through the barrier. What's your "four minute mile barrier" we can Coach you through?