What is coaching and is it right for me?

A coach works with clients to have them achieve their full potential. Just like in sports, a coach motivates and encourages clients to determine where they are today and identify and execute what they want in the future. For those seeking new positions, they assist in developing an effective career strategy encompassing such areas as resume writing, interviewing, networking, etc. Coaching is not therapy. The purpose of coaching is to propel an individual forward in their endeavors to reach their goals. A person should work with a coach when they are struggling and need an objective person to provide insight and act as a sounding board.

What can I expect when working with a coach?

A coach will not provide you answers but will work with you to uncover solutions that are doable for you. Productive sessions may not always be easy and simple. Instead the coach may make you face issues that have served as roadblocks to your success in the past. The length of a session is usually 45-60 minutes and can be on the phone, Skype or in person depending on the coach and the client.

Does a coach find me a job?

A career coach is not a recruiter or job hunter but will guide the client to conduct a suitable job search.