



Maintaining your focus with a coach

The minute you set yourself a goal, you have a direction and a path.

When you initially set a goal the desire is great and confidence is at a high. However, as soon as you have a path you will encounter challenges and obstacles that will test your motivation and perseverance towards achieving that goal. The only way to work on goal achievement is to take realistic, consistent steps to continually make progress.

Taking regular steps towards a goal you have set is often easier said than done. When you only have yourself to stay motivated it is naturally difficult to maintain consistent focus when your attention is so often required elsewhere. Quite often the daily demands of life take priority and before you realise it a substantial amount of time has passed since you last took any action to move forward.

Sometimes, making progress involves undertaking new opportunities, stretching your comfort zone, overcoming fears or negative beliefs. All of these challenges can leave your progress at a standstill, motivation severely reduced and increase the risk of talking yourself out of achieving the goal altogether.

It is for these reasons that employing a coach is of such massive benefit. Each session allows the client time out to truly focus on their goals, assess the progress they have made and commit to further steps to continue the momentum forward. They become empowered to take responsibility for their actions and accountable to the coach for their progress.

Sometimes it is clear to an individual the issue that is holding them back. Often times though a client does not know the causes for their blocks. With the non-judgemental support of a highly skilled coach, they can develop greater understanding and self-awareness and work to overcome it in order to continue on their journey towards their goal.

Having a coach is very often the difference between reaching your full potential and achieving your goals, and losing focus and remaining where you are.... always wondering what might have been. Which would you choose?