



Maintaining Your Focus with a Coach

Passion and unwavering belief in your ability to achieve your goals is essential to success but when you initially set them did you think you knew what needed to be done to achieve that goal?

When individuals aim for goals they often see only a few action plans that they believe will lead to success. One of these action plans may well lead to success, but by only identifying a few options the chances that they will work are limited.

By careful listening and questioning, a highly skilled coach has the ability to open a client's awareness to a vast array of options and directions that will move them forward to the goal they are working on. Increasing the variety of methods and the flexibility of executing the action plans, will massively increase the success rate.

The larger the variety of options available the more empowering choices the client can make ensuring they respond to situations far more effectively, without ever losing sight of the goal. If one method does not achieve the desired outcome they have the ability to reassess the result, change their actions and improve their performance to ensure success in future. They also have the power to choose a different option entirely, continually being proactive and moving forward. This allows them to remain focused throughout any challenges they face.

Within the confidential coaching sessions a client has the freedom to discuss any ideas that may spring to mind, safe in the knowledge that they will not be judged or ridiculed. It is often in these moments of freedom that the subconscious will provide the precise steps or options for the individual to take as these are congruent with their core values and essence. They are often actions which the client had not previously considered but on identifying them, immediately know are the right ones.

The key to successfully achieving your goals is to continually move forward and take action. Re-evaluating the outcomes of actions and changing performance with the support of a coach is the only way to consistently sustain that momentum.