

10 Reasons You May Be Ready for Some Coaching



1) Feeling Stuck? - Feelings and thoughts of being stuck can influence all aspects of our lives both mentally and physically impacting our relationships, jobs and health. Working with an executive coach can help to identify the undesirable conditions creating this state and the choices available to become unstuck.

2) Stressed Out? - How are your values reflected in your life both personally and professionally? Do you consistently show up as your Best Self? Do you know who that is? Lack of alignment with our values, the roles we play and making non-nourishing personal choices all contribute to increased stress. Working with a coach trained in Ayurveda, Meditation and Yoga can help you identify your personal triggers and make positive change and choices to reduce stress in your life.

3) Looking for a Promotion? - What are you doing to get noticed? How can you elevate your candidacy to the top of the pile? Making sure you have a well-defined and planned strategy increases your chances of success and helps you transition more smoothly to a new role. An executive coach can help.

4) Time for a New Job, or Not? - Does your current job or role fit your personal values and expectations? Changes in our lives or where we work can mean what was once 'a match made in heaven' is no longer. Strong alignment helps increase job satisfaction and performance. Poor alignment could signal it's time to move on. An executive coach can help you decide what's right for you.

5) Need to Update your Leadership Style? - Ask yourself, would you want to work for you? Why or why not? What leadership styles do you respond well to and admire in others? How are they different or the same as yours? Taking the time to review and revise your inner leader is time well spent with an executive coach. Even small tweaks can have large impacts on your success and job satisfaction.

6) Want more Flow? - When do you feel happiest and most positive at work and play? What creates that opportunity for you and how can you enhance and increase the Flow moments in your day? Positive Psychology professor, Mihaly Csikszentmihalyi used the term Flow to describe this state of completely focused motivation when you feel pure joy in your task. Working with a coach can help you learn to generate more Flow in your professional and personal life.

7) Need more Lifestyle Balance at Home and Work? - How can you have it all at without making sacrifices at home or work? Thinking about lifestyle balance as a dynamic process founded in personal values, goals and choices within certain external environment conditions makes achieving it very possible. The key is awareness and frequent rebalancing. Working with an executive coach trained in Ayurveda, Meditation & Yoga can help you identify your unique state of balance and support your rebalancing efforts.

8) Use More Empathy? - much has been written lately about the value and power of empathy in the work place, in schools and at home. In 'Humans are Underrated', Geoff Colvin talks about empathy as being a top skill sought after by CEOs as well as the concern over the reported decrease in empathy skills. An executive coach can help you identify your current skill level and work with you to adopt a more emphatic approach to leadership.

9) Preparing your Company for Growth? - How fast? How much? Where to start? Working with an executive coach can help provide entrepreneurs, CEOs, boards and management teams an important non-vested perspective and sounding board to explore all the options and implications. Your coach can play multiple roles in your planning and execution and a coach with specific industry knowledge or expertise may be particularly valuable.

10) Retirement or transitioning to an encore career? - Maybe you are starting to think about slowing down or shifting gears to a different type of work. It's a year or two away but you don't want to be unprepared. Working with an executive coach well in advance of retirement or making a career change allows you to explore your goals and ensure your plan is well defined and ready when you are.

Contact us in Victoria, BC Canada to learn more about leadership coaching with Mary. mary@marygarden.com, 250-888-8788