

The Top 10 Reasons You Need a Coach

“Everybody requires a coach. Every famous athlete, every famous performer has someone who is their coach – someone who asks ‘Is that what you really mean?’ and provide them perspective. The thing individuals are not necessarily proficient at is seeing themselves as others see them. A coach really, really helps.” – Eric Schmidt, CEO of Google

As a very successful CEO, why would someone like Eric Schmidt claim that he requires a coach and thus, why would you? I see executives every day who make incredible strides toward their goals by using a professional coach. They are inspiring, and I am honored to be their partner to make those strides. But a number of you might still wonder what a coach could do for you personally, and why you need to invest in a coach for yourself and your high potential team members.

Taking into consideration the key reasons which have power for supporting business energy and growth, the very best 10 reasons to hire an executive coach are:

1. Your coach is there for you personally - your vision, your goals, your possibilities. Your coach supports and builds upon your energy.
2. Your coach helps you get clarity around your goals, get inspired by them and what they mean for you, and **create focus** inside your busy world.
3. Your coach actively helps you identify your blind spots, helps you see things from new perspectives and find new options to move you forward.
4. Your coach is a supply of the right questions, ideas, knowledge, tools and cutting-edge thought, along with a broad body of expertise and perspective that can help you recognize challenges early, and find new and inventive solutions.
5. Your coach can help you grow as a leader by working on your awareness, your thinking and your understanding, as well as your vision for what might be possible.

6. Your coach won't judge you for what you think, say or do. You can be perfectly honest about fears, doubts, concerns and weak moments without repercussion. You can truly escape your emotions, worries and challenges and address all of them with your coach inside a confidential conversation. Your conversations with your coach are private, to be able to tackle any situation – even those you do not feel you are able to talk about with other people.
7. Your coach supports you in becoming responsible for following through on your biggest priorities. When you are undertaking new behaviors, types of communicating or other changes to long-established habits, your coach is your partner to make your chosen new habits stick, and foreseeing and addressing obstacles to change.
8. Your coach provides disciplined self-reflection on what you do and where you are going. You have structured time to reflect and plan about the whole you - job, company, family, relationships, community, spirituality, your overall happiness and fulfillment, how well you're progressing toward your main goals – and what is truly going to permit you to grow as a leader and as a person.
9. Your coach is your objective external sounding board that will help you safely check out new thoughts, behaviors and ideas, providing you feedback on what is moving you forward and what seems to be holding you back.
10. Your coach is a witness to your success and encourages the discipline of measuring how well you're progressing, celebrating your achievements, building confidence and accountability for the actions and decisions that move you forward in achieving your goals.

Check out our website www.LarryHayesPartners.com to get more information on how we work with our clients. Then contact us to get started.

What would you accomplish this year having a coach?