



THE TOP 10 SIGNS

YOU NEED AN
EXECUTIVE COACH.

THE TOP 10 SIGNS YOU NEED AN EXECUTIVE COACH

Based on our extensive experience, the top signs you're ready to get help from an executive business coach are:

1. It's getting lonely at the top

When you're at the top, it's often hard to talk to people about your true concerns. For different reasons, life partners, employees, peers and friends sometimes don't get it. At the same time, there's a lot of noise in your head and around you. A coach can help you find that all-important confidential, quiet space in which to focus. In that space, they can be your sounding board and assist you to solve the problems and overcome the challenges you face.

2. You have brilliant ideas you want to turn into reality

Coaches can help make your ideas a reality. Although you may have many brilliant ideas, sometimes it's hard to know where to start and what to tackle first. A coach will evaluate your plans, assess if they are realistic or will be successful and then work with you to find a way to implement them.

3. You want to make more money

Simply put, a good coach will help you make more money. Every good coach, whether in the field of sport or business, has a process. Find your coach, find your strategy - then cash in. The reality is, a great life or career usually includes enough money, sometimes lots of it. One thing a great coach can do is help you get over any internal blocks you may have about making plenty of money.

4. You want to hear objective feedback

One great thing about having a business coach is that he or she will have no biases about your industry or company. This means you get unbiased feedback based on your concerns as a leader. Good business coaches can lead you to "A-ha!" moments and uncover solutions that people close to the business may overlook.

5. You're going through a big transition

Change can be difficult, even when it's what you want. Anytime you go through a big transition such as taking your business to the next level, starting a new business division or career, getting divorced, moving to a new city, returning to study, etc., it's a great time to bring in an impartial confidant, someone who believes in you and who can help you make the most crucial choices as smoothly as possible.

6. Your life, business, career, relationship etc., is already good, but you know it could be much better

Coaching isn't a crisis intervention. Nor is it a substitute for psychotherapy, or advice from a professional such as a lawyer, accountant, doctor, etc. If things are basically good, but you know they could be a better and you're ready for that improvement to come, it's a great time for you to hire a coach.

7. You're a high achiever

High achievers tend to be good at achieving success, but they don't always create the success they really want. If you've ever wondered, "Is this all there is?", or "How did I get myself into this and how do I get out?", you could really benefit from working with a great coach. Everybody has a few blind spots. In fact, neuroscientists say we are unconscious of 95% of what goes on in our brains. Think about that! A good coach can see you as you are, without judgment, and help you achieve what you're built to do.

8. You want more meaning in your life

"Meaning" is what makes your heart sing and gives you energy. It generally comes from doing what matters most to you. This gets much easier when you understand what you most value and find ways to express it – a coach can help you with that. If life feels a little shallow, or you don't know why you do what you do anymore, you could really benefit from working with a coach.

9. You want to take better care of yourself

Most of us are not bad at taking care of ourselves. That's fine if you want an average life. But people who accomplish great things often need to upgrade their lives tremendously before that's even possible. They need clearer boundaries, a physical environment that's supportive and more organised. They often neglect to get enough rest and need better stress management. Without this, it becomes a "death by a thousand cuts" scenario – and your dreams are the things being cut to shreds. Good coaches know how to assist their clients to start providing the self-care they need, and to help them step into the lives they were built to live.

10. You're willing to invest in yourself

Are you prepared to take the time, effort, risk and yes, money, to have the life or business of your dreams? If you had the right coach in your corner, would you have the courage to step into your greatness?

FOR FURTHER INFORMATION:
CHERYL PAYNE, CREATIVE RECRUITERS, 0412 245 109