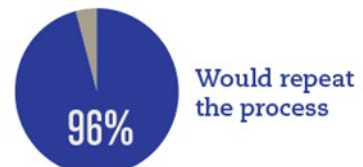
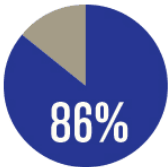


Benefits of Using a Coach

Professional coaching brings many wonderful benefits: fresh perspectives on personal challenges, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence. And, the list does not end there. Those who undertake coaching also can expect appreciable improvement in productivity, satisfaction with life and work, and the attainment of relevant goals.

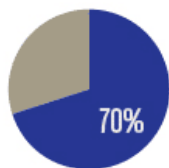
Return on Investment

Coaching generates learning and clarity for forward action with a commitment to measurable outcomes. The vast majority of companies (86%) say they at least made their investment back.

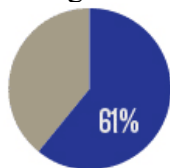


Increased Productivity

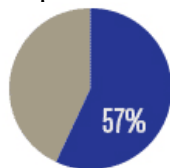
Professional coaching maximizes potential and, therefore, unlocks latent sources of productivity.



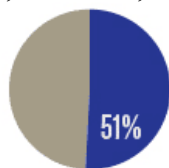
Improved Work Performance



Improved Business Management



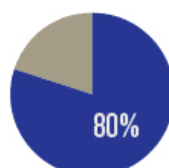
Improved Time Management



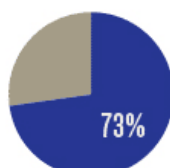
Improved Team Effectiveness

Positive People

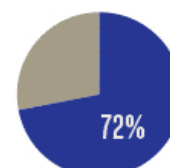
Building the self-confidence of employees to face challenges is critical in meeting organizational demands.



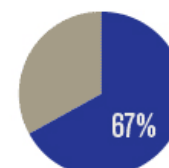
Improved Self-Confidence



Improved Relationships



Improved Communication Skills



Improved Life/Work Balance

Source: ICF Global Coaching Client Study was commissioned by the ICF but conducted independently by PricewaterhouseCoopers.