

Seven Benefits of Coaching - Walking Together

1. **Maturing your Strengths** - A coach will talk with you about your Clifton Strengths and help you grow and leverage your dominant strengths for life and leadership.
2. **Wellness - Spiritual, Physical, and Emotional** - These three areas of wellness are what we refer to as the three-legged stool. For us to function as God designed, it is important that we regularly check where we are and gain assistance in maintaining good habits.
3. **Skill acquisition and refinement** - Through book studies and professional discussion, coaching helps individuals gain important skills.
4. **Accountability to accomplish goals** – A coach will hold you responsible for doing the things you desire to do, even when they are challenging or difficult.
5. **Broader or alternate perspective** - See Big Picture - Experienced coaches provide alternate, non-emotional perspectives on events, challenges, and opportunities that can provide leaders with a wider view of reality.
6. **Brainstorming and feedback** - Iron sharpens iron - the opportunity to run ideas past a coach or confidant can be energizing and beneficial.
7. **Encouragement and support** - Pick each other up - We live in a world of Grace. On this side of heaven, we will make mistakes and a coach reminds you of forgiveness and encourages you along the way.