

# SIX COACHING OUTCOMES

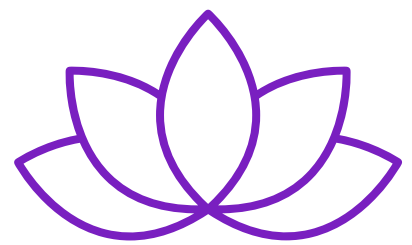


## FACILITATES EMPOWERMENT

Coaching supports you to explore and attain your full potential. As a process, it focuses on goal setting with a specific emphasis on attaining future goals. It helps you with establishing boundaries and setting priorities to better manage your life and work, ensuring a more rewarding life.

## IMPROVES WELL-BEING

Coaching improves well-being by assisting you in becoming skilled at goal setting, a proactive skill which reduces burnout. Another learned skill is the ability to reflect - on oneself, one's action, and to have a more effective response to work stress. Further, coaching enhances your coping skills to better support your self-confidence, your relationships at work, in processing information, and your work-life balance.



## SUPPORTS PERSONAL AND PROFESSIONAL DEVELOPMENT

Coaching provides you with assistance and guidance to achieve tangible outcomes such as improved communication skills; it aids you in becoming more confident in setting and achieving career and personal goals. Coaching increases self-awareness, which in turn enriches self-esteem and confidence.



## ENHANCES WORK ENGAGEMENT

Coaching assists with improving your awareness, in developing your personal strengths, as well as your individual resources. These actions in turn facilitates increased work engagement. Work engagement as one of the positive, work-related states of well-being, contributes to subjective well-being.



## INCREASES WORK PERFORMANCE

Coaching nurtures your performance through determining and implementing those goals that are intrinsic to your interests and your identity. It sets in place a self-regulation framework to allow you to recognise your strengths and challenges, in planning how best to address goal setting, time management, being receptive to feedback, and strategies for coping with stress and anxiety.



## INCREASES JOB SATISFACTION

Coaching upskills you by strengthening you to develop new work skills, and by intensifying your ability to deal effectively with those unanticipated work events that arise. These skills assist you in increasing your job satisfaction.



COACHING. EXPLORE ITS BENEFITS.