

WHY CHOOSE A COACH?

12 REASONS WHY A COACH MIGHT BE HELPFUL
Which of these resonate with you?

**W
H
Y**

Wisdom - your own

Realise your own wisdom and connect with what really matters to you

Happiness and success

Be crystal clear how you measure personal success and happiness

Your strengths and talents

Be crystal clear how you measure personal success and happiness

**G
E
T**

Get there faster

Decide where 'there' is and stretch yourself to get there faster

Experience boldness

Leave your comfort zone and go after what you want

Tools and ideas

Use a range of tools to look at things differently, gaining insight and perspective.

A

Action

Inspire yourself to take action

**C
O
A
C
H**

Cut through clutter

Help identify and cut through self-limiting beliefs and assumptions

Overcome

Enable you to deal with challenges that seem insurmountable

Authenticity

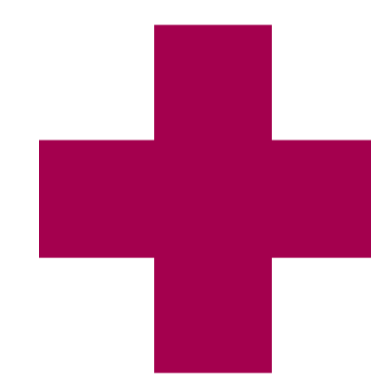
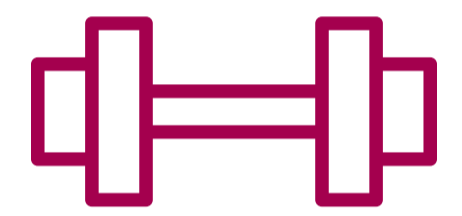
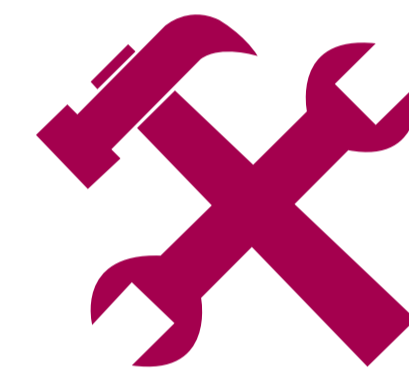
Understand and align your personal values

Can do

Let go of limiting beliefs and manage your inner critic

Health

Be happier and more content with your work/life balance



A coach can help you in any of these areas. For more information on the NHS Elect coaching offer, please contact

eilis@nhselect.nhs.uk