



WHAT IS COACHING?

Coaching is a powerful, collaborative relationship between a coach and an individual which enables an individual to realize extraordinary results through a process of discovery, goal setting, and meaningful action.

A professional coach focuses on creating positive results in your personal and professional life by building your self-awareness and supporting you to take positive action. Coaching facilitates a deepened understanding, awareness or shift in that opens the door to new possibilities and new choices.

In each meeting, you choose the focus of the conversation, while the coach contributes observations, questions and/or expertise. This process helps you to gain clarity and understanding about where you are today and where you want to be in the future. The most powerful learning occurs in the gap between the two.

Coaching helps you create a clear path to your goals in a way that enables you to develop and uncover talents and skills.

Coaching in a corporate or business setting uses the synergy of the organization and the individuals who work there to evolve their collective capacity for learning and creating. When individuals and teams within organizations align personal/professional development with a corporate vision, breakthrough results are achieved.

Corporate coaching is central to a cultural evolution process that shifts the landscape of the workplace from one where people receive direction from others to one where people commit to doing things that they passionately care about.

Organizations achieve extraordinary results when individual creativity, potential, and passion are integrated and ignited.

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