

HOW I HAVE USED COACHING

Coaching has helped me to focus on my goals in a more systematic way. Through the use of reflection and feedback provided by my coach, I have been able to clarify what is truly important to me and to establish time lines as an indicator of progress. Coaching has helped me to clarify what is important in my life both personally and professionally.

Coaching has truly enhanced my listening skills. Through coaching I have realized the importance of full and deep listening and what a powerful tool this is in conversations with others. We all want to be listened to in a way that will help us to hear ourselves as well as to give us an opportunity to receive meaningful feedback.

I am now comfortable in using the skills I have had modeled for me, in my work with school leaders. I understand the power of coaching as a tool in helping others to discover their own potential and brilliance. True change, as well as growth, comes about when one is coached to discover the solutions for himself.