

Hi coach – will you help me improve my game?

We all meet people calling themselves coaches when we are out. Do you wonder how someone else can have all the answers to things that worry you!? How can other people know how to help YOU?

Did you know the rugby player Matt Dawson had a drama coach to help him improve his dancing when he was in Strictly Come Dancing?

Imagine you have won the open at St Andrews. How did you get there when you were just a good golfer? Yes - you had a coach who knew what your strengths and weaknesses were, knew golf, and maybe knew the best players! You worked together and set goals together. Coach gave you feedback, showed you the difference between a good shot and an excellent one. YOU won the Open and yet your coach will continue supporting your strive for perfection.

This is the same for other sports so what's the difference between these games and the game of life?

A coach knows people, understands potential, and believes in YOU. They understand that you have the answers somewhere even if you can't find them right now.

They ask the right questions; they see what your face is saying but your mouth is not; they pull threads together for you.

Being coached can help you with an immediate issue, with relationships, a new challenge, or with that manager / client / member of staff .

I would like to tell you about George. He was a young manager who had ambition. He was not progressing very well and he felt undervalued. He was recognised as a skilled technician but had very little credibility with his team.

When I coached him, I noticed he had a young face and mannerisms. Together, we built trust and confidence and worked on aspects of behaviour including his gravitas and maturity. He revealed learning difficulties that no one knew about and following that became more confident.

He measured the value of changes; in one meeting his new adult behaviour saved the company £10,000 and this was just one of many changes. He went from being on a

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disciplinary improvement plan to being a highly respected manager by raising his level of performance.

George used the coaching skills he experienced to coach his own team. Exercises I did with him he used with them.

You may have areas in your life, like the golf pro where you want to improve your score at work and at home. Get yourself a coach!

Lynne Ewer Carrington
Coach and Mentor
Director of Challenge Manager

Challenge Manager are passionate about helping individuals succeed in business. Call us today to discuss how coaching can help you fulfil your potential and exceed your and others expectations.

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