

This is about you. This is about coaching.

thedigitalcrafter.co.uk



What is Coaching?

Coaching is a form of consulting. Like a consultant, a coach helps you to:

- Solve problems
- Reach goals
- Design a plan of action
- Make decisions

In addition to the above, the coach 'stays with' (coaches) the client to:

- Implement and work through the action plan; helping you to make the inevitable changes and overcome any obstacles
- Maintain a healthy balance between your personal and professional life
- Keep looking ahead to take advantage of opportunities which are just now formulating.
- Bring out your personal best, keeping focused on your needs, values and vision.

WHAT TYPE OF GOALS CAN A COACH HELP ME ACHIEVE?

- Manage your work / life balance and try to bring some personal time back into your life
- Setting targets, both personal and professional
- Building long term plans for your business
- Building communication and negotiation skills to deal with customers, clients and suppliers
- Relationship improvements - both professional and personal
- Planning activities

Find out more



What should I know about coaching?

Why have a coach?

Coaches help you to achieve great things in your life but you are responsible for creating your own results.

Coaching may be undertaken on its own however, clients often use coaches to compliment other types of therapies. It's your decision.

Coaching should not be seen as psychological counseling or any type of therapy.

But it may be used to compliment other therapies with agreement from your therapist.

WHY DOES COACHING WORK?

Coaching works because it brings out your best.

A Coach believes that you have the answers and is trained to bring them out (painlessly).

Specifically, this is what I do with you during our coaching sessions:

1 Listen.

I listen fully. You are the focus. I listen to what you say, what you are trying to say, and what you are not saying.

2 Share.

After you have fully communicated, I share with you my advice, ideas, comments and views on your situation, dilemma or opportunity.

3 Endorse.

Anyone who's up to something – an entrepreneur; a manager with an extraordinary objective; a mum trying to juggle children and work. I am the outside voice that is full of endorsement, compassion and acknowledgement. I'm not here to say 'yes' to everything, but I am that person who is able to acknowledge that achieving things takes hard work and knows what that work looks and feels like.

4 Suggest and Challenge.

Don't expect me to have the answers but do expect me to suggest paths to travel, doors to open. Do expect me to challenge you to do better, achieve more and fulfill your dreams. I want a lot for you. I want you to be healthy, happy and successful. I want you to enjoy your family and friends. I want you to have a life that inspires others – and yourself. Part of my job is to be at least 3 steps ahead of you, yet to be with you. As such, I make requests and suggestion.s



Get in touch

Phone : +44 7958186842

Email : liz@thedigitalcrafter.co.uk

social media

[facebook](#)

[instagram](#)

Find out more