

What are some of the reasons people seek coaching?

The answers are as varied as the people. My focus is on leadership and life coaching. Helping people get unstuck in their performance professionally or in their lives personally.

You may want:

- To enhance your communication effectiveness
- To lead a more effective team
- To improve interpersonal relationships
- To change unhealthy behaviors that are limiting personal or professional success like abrasive communication styles or a victim mentality or lack of confidence
- Learn how overuse of a strength can become an improvement opportunity