

# Coaching for Everyone

## Key Takeaways

1

### Benefits of Coaching



Better understanding and application of learning



Improved relationships



Enhanced communication skills



Increase in self confidence



Better time management



Enhanced work performance and business management

2

### How Do You Differentiate Coaching?

HELPFUL KEYWORDS		
COACH	THERAPY	MENTOR
Self Awareness Curiosity	Clinical	Guidance
Confidence Self-empowerment	Mental Health Issues	Perspectives Direction
Clarity Accountability	Anxiety Stress	Exploration Expertise
Solutions/Action Challenges	Trauma	Experience Industry Knowledge

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### How to Utilise Coaching for Success?

#### Prior to Your Session



Build **rapport** ahead of time and get in the right headspace



Optimise your session through **preparation**



Keep an **open mind** and maintain **engagement**

Speak to a coach today to explore the wonderful benefits of coaching!



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

