

## **What You Should Know About Coaching**

By Kim Collins, SCAC

**What Is Coaching?** According to the International Coach Federation (ICF), Professional Coaching is an ongoing professional relationship which helps people improve their performances and enhance the quality of their lives. Coaches are trained to listen, to observe and to customize their approach to individual client needs. They seek to elicit solutions and strategies from the client; they believe the client is naturally creative and resourceful. The coach's job is to provide support to enhance the skills, resources, and creativity that the client already has.

**What Is ADD Coaching?** AD/HD coaching seeks to address the daily challenges of living with AD/HD. A coach helps people with AD/HD carry out the practical activities of daily life in an organized, goal-oriented, and timely fashion. Through a close partnership, an AD/HD coach helps the client learn practical skills and initiate change in his or her daily life.

### **What's the Difference between Coaching and Therapy?**

- Therapy deals with psychological and mental health issues and should only be dealt with by a licensed professional.
- The primary focus of therapy is healing and confronting past issues.
- Coaching focuses on actions and setting future goals.
- A Coach's job is to facilitate growth and change through inquiry and self-exploration.
- Coaching cannot take the place of therapy or counseling.
- Those suffering from severe mental health difficulties should seek the assistance of a trained therapist instead of a coach.

### **Are You Ready To Be Coached?**

1. I am ready to make changes in my life.
2. I am committed to making coaching a priority.
3. I am willing to take small steps each day in order to meet my goals.
4. I am willing to be open and honest with my coach.
5. I am willing to leave my comfort zone in order to have the life I want.
6. I am willing to stick with it when the going gets tough.
7. I am not suffering from any severe psychological conditions that will impede my ability to make my own decisions.
8. I can be relied upon to make coaching payments as specified in my coaching contract.
9. I am committed to being on time and prepared for my scheduled coaching appointments.
10. I clearly understand the difference between Coaching and Therapy.

\* I have answered, "Yes" to these questions and am ready for a coach!