



About Coaching

“Coaching is about performing at your best through the individual and private assistance of someone who will challenge, stimulate and guide you to keep growing.” Gerard O’Donovan

One of the founding principles of coaching is that each of us ultimately has within us, all the solutions to our own challenges. The aim of coaching is for the individual not only to gain access to these solutions, but also to learn the process that facilitated them to their destination, thus reaching a point of self-actualisation.

The relationship between client and coach is a dynamic and energising collaboration, which keeps you focused and motivated in clarifying and achieving your goals. It is a process designed to create a personal plan of action and develop individual tools that keep you on track and moving forward to your chosen area of success.

The approach is comprehensive and therefore will include all aspects of your living/working life. This will give you a deeper understanding of what is really important to you and subsequently enable you to take charge of your life. The impact of this is the ability to make competent decisions with confidence, in the knowledge that you are on the right path.

Coaching is an opportunity to explore your biggest dreams, express your greatest desire and verbalise your most creative thoughts and turn them into realistic realities through objective understanding of individual potential. With the support and encouragement of a personal life coach, re-shaping your life, overcoming all the obstacles and living the life that you love and deserve, will be an exciting and uplifting achievement.

Coaching also incorporates learning, however your coach will not teach, advise or tell you what you should do. The learning comes from within and is aided by various coaching techniques, such as listening, reflecting back and asking powerful and incisive questions that will challenge and stretch you. Through observation the key learning will manifest itself in your ability to become your own teacher and most favoured critic.