

COACHING

What is Coaching? It's a process that enables people to explore and move forward in their lives – the whole of their life – often to achieve a better balanced between home and work.

Good coaching is about helping others to realise their true potential. It's not about the coach trying to solve the client's problem but about helping people to find the answers that are already inside them.

Coaching carries many benefits, especially in assisting ourselves and others to perform better, and to overcome the barriers and obstacles that we often put in our own way.

A coach is a person who supports their client to achieve goals, through goal setting, giving encouragement and asking questions. Unlike a counsellor or mentor, a coach rarely offers advice. Instead, they help their clients find their own solutions by asking questions that give them new insights. A coach holds the client accountable, so that if they decide to achieve something, the coach help's motivate them to complete the action.

One of the first jobs for a coach is to help create a joint understanding of the goals, challenges and objectives that the client wants to work on. This will form the basis of what we call the 'coaching contract'. This will also include the coach and client we will work together, how often they will meet and so on.

Is coaching for you? Ask yourself the following questions:

1. What's the biggest challenge facing me right now?
2. How long has this existed?
3. How would it feel if the situation was the same a year from now?
4. How would it feel if I still faced this challenge in five years time?
5. How would it feel if I never dealt with this challenge?

Familiar? If you'd like to improve your life, at home or at work, then find a coach – or better still train as a coach.

Broadlands/Qatar University, is running Performance Coach training sessions (4-day workshops) in March and April in Doha. The course leads to a professional coaching qualification through the Institute of Leadership & Management (UK).

For a brochure of the programme please [click here](#)

If you are interested in attending, please register your details at http://www.qu.edu.qa/offices/ceo/course_registration.php

But hurry, places are limited.