

Why Work With A Coach?

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Most of us have navigated life's big moments on our own. We've made important decisions about our education, jobs, relationships, homes and hobbies. And generally, these choices have worked out.

Yet our lives have become increasingly complex. The demands of work, family, and other commitments occupy much of our time. We fill the open moments with technology and social media. Our senses are overloaded and we rarely have access to quiet spaces in our day to explore our own desires and goals.

Over time, you may experience a sense that something is not quite right, but cannot pinpoint what is wrong. Or perhaps you have an idea of what needs to be fixed, but the prospect of addressing it is too daunting. You may find yourself withdrawing from activities and connections that used to bring joy and energy.

You may have reached the point where you are motivated to make a change. Perhaps you tried navigating this process on your own with the aid of self-help books or online tools. Most likely, these efforts, while well intentioned, did not pay off in meaningful long-lasting change.

People Grow From Connection.

To REALLY achieve real growth and change, it is essential to connect with someone, often a coach, who can reunite you with your core values and help you create a path forward. According to CoachU, a leading training program of life coaches, "creativity does not occur in a vacuum, with a single person or entity creating entirely on its own... When connection is in place, ... creativity happens spontaneously and naturally."

Connections operate on several levels. According to CoachU, "Connecting to one's self provides a sense of confidence and reassurance. Connecting with others generates great growth potential. Connecting to circumstances elevates awareness of everything around us. All connection feeds creativity. The more connection we experience with self, others, and circumstances, the more we feel free to deeply and authentically express our true selves."

Collaborating with a trusted partner offers many benefits. With another person, you are able to see

multiple points of view and you gain a wider array of insights. Articulating your struggles and goals with another person creates a powerful sense of accountability. Most people seeking to make meaningful change report an increase in energy and momentum when connecting with a partner.

Why Connect With a Coach?

Working with a coach provides additional benefits beyond what you might experience in connecting with a colleague or loved one.

- A coach's ONLY goal is to support you unconditionally; they have no vested interest in a particular outcome or decision.
- By listening to what you say (and what you don't), an effective coach understands what is truly important to you, and has tools to guide you in your inquiry.
- A coach can uncover creative approaches that were previously hidden to you.
- By creating a safe space to explore ideas, you will feel more empowered to take risks and investigate your choices.

Most importantly, by working with a coach, you will chose actions to support your goals in a way that motivates you to move forward and follow through. Your coach will also be by your side to acknowledge and celebrate your efforts and achievements along the way. Having a supportive accountability partner is one of the key ingredients in making long-term, sustainable change.

Most people find the deep connection that they share with their coach to be energizing and inspiring! To learn more how working with a coach can help you achieve your goals, go to www.SusanneAronowitz.com.



Susanne Aronowitz is a Career Coach and Consultant in Portland, Oregon. She works with clients who seek to make positive change in their professional and personal lives.