

## Chapter 1 : Be Your Own Executive Coach - Executive Life Coach Raleigh

*Be Your Own Executive Coach: Master High Impact Communications Skills for: Dealing With Difficult People, Improving Your Personal Image, Learning How to Listen and Solving Business Problems Creatively [Peter deLisser] on calendrierdelascience.com \*FREE\* shipping on qualifying offers.*

Increasing your visibility is one of the best ways to be recognized, gain influence and get ahead in workplace. But for many, especially new employees who are swallowed up by large organizations, this can be a daunting task. One way to stand above the crowd is to create your own brand. These firms typically hire expensive ad agencies to create and promote their brands. But you can accomplish the same thing on a small scale at no cost at all. What would your colleagues or customers say is your greatest and clearest strength? Whichever model you ultimately choose an environmentally-friendly hybrid or luxurious European import you and your career will soon be riding in the fast lane. Think in terms of your top talents and the value these can provide your company. Play around with your branding traits, experimenting with different ways to express them. How can you express your value in a single, brief statement? Here are some ideas to get you started: Nothing falls through the cracks, ever. Strong communicator, even stronger results. Assign the job to me! consider it done. Seek opportunities to demonstrate your value. Once you create your brand statement, you can use it as a focal point when communicating your worth to others. Develop a personal marketing plan. Find opportunities to demonstrate your style through the type of projects you undertake and the accomplishments you promote. Your behavior should reinforce your brand. This includes the way you conduct meetings, answer phone calls or respond to emails. Are you late for appointments? Do you forget to follow up? Does your personal appearance reflect positively on your brand and the attributes you want to promote? Probe for feedback from clients and associates about the personal traits you want to emphasize and showcase. Work with your supervisor to include your brand attributes in your performance appraisal. Periodically evaluate your brand. Brand name corporations constantly evolve. You may have developed new skills, interests or capabilities. Does your brand reflect who you are today and how you want to be perceived and valued as your career progresses? Joel Garfinkle is recognized as one of the top 50 coaches in the U. Visit Joel online at Garfinkle Executive Coaching. This article may be reprinted or forwarded to colleagues and friends as long as the above copyright notice and contact information is attached in its entirety. If you reprint this article, please advise us that you have done so and forward a copy of the article, or a link to the web page where the article can be viewed, to Joel Garfinkle.

Chapter 2 : calendrierdelascience.com Blog: 5 Reasons Why ADHD Coaching Doesn't Work

*I often tell people that, "I am my own best client." Being an Executive Life Coach gives me the privilege to meet an amazing array of successful leaders, from business owners to executives.*

Together, we establish new patterns of success, explore more effective ways to approach challenges, and set up strategies to stay on track. And although a lot happens during a call, a large portion of the work happens outside of a coaching session – namely the client has to engage the motivation to take action and implement the strategies from the call. Take a look at the big picture of what you want to create, your mission, purpose, and desires for the future. Really focus on getting to your place of truth of what you most desire. It will serve and guide your decisions and actions the rest of the day. They should be things that are moving you towards your purpose, truth, mission, and desires from step 1. What small challenges would I overcome for my own personal triumphs? Pick up that old song, move your body and sing at the top of your lungs. You have to move if you want to create energy. If you never move your mass, you will never start to accelerate your life and it will never have any energy. You have to move! We are made to move. Drop the expectations of hours at the gym, do something simple, stretch, walk, and find a way to move! Listen to that song, put your chin up and shoulders back, take a deep breath from down in your diaphragm. So bring in the passion! Dare to go against expectations, take a risk or buck conventions a bit! We all need some outside support to achieve our dreams. I have three very close people besides my wife who help to keep me focused, energized and accountable to what I say I am going to do. It is great to have a full life and share it with others. I worked my butt off and no one helped me at all. I am the man. Who would you thank? Read all you can and immerse yourself in developing your personal interests. It will build into your life creativity, mastery of skill, and it will become not what you know, but who you are. And, remember to apply one thing you learn everyday until it is mastered in your life. Remember the basic principles that define who you are and how you want to live your life. Remember that while you may be driving to fix and change something in your life, you are also perfect the way you are now. Remember to stay focused on your basic strengths and use them. If you are a person whose strength is mastering a single task, then become the first chair soloist. And if you are a big picture strategist, become the conductor of the orchestra. Both need each other! Stay focused on who you are and what you can become. There might be a time when you decide that you need the support and expert guidance of an executive life coach, but there are many times when you can take the task on yourself. These 7 steps can help you to coach yourself. To your continued success, James Liked This Article? Subscribe and Get my Thought of The Week newsletter directly in your inbox!

### Chapter 3 : How To Be Your Own Leadership Development Coach

*Find helpful customer reviews and review ratings for Be Your Own Executive Coach: Master High Impact Communications Skills for: Dealing With Difficult People, Improving Your Personal Image, Learning How to Listen and Solving Business Problems Creatively at [calendrierdelascience.com](http://calendrierdelascience.com) Read honest and unbiased product reviews from our users.*

Read books, subscribe to websites like this one, attend local support groups, and have some good conversations with the clinician who diagnosed you. Consider trying medication, getting regular exercise, or exploring other treatment options. Psychotherapy is different from coaching because a qualified therapist who is knowledgeable and experienced in treating ADHD can help you through the grieving process that many people experience when they first get an ADHD diagnosis and realize the impact that undiagnosed ADHD has had on their lives. A therapist can also help you process childhood difficulties and past traumas and we all have them, and build your self-awareness. They know themselves pretty well, and they welcome observations and suggestions from the coach. Can Jennifer call him and convince him that he needs to work with her? Can Jennifer take him on as a client? They participated because their spouse or parent wanted them to, and more often than not they harbored resentment towards both me and the person who signed them up. And who could blame them, really? They felt forced into making self-improvements out of guilt or obligation, and not because it was something they wanted to do or even necessarily thought they needed to do for themselves. For many years now, our rule here at the office is that the person being coached needs to be the one to inquire about coaching with me. What I care about is whether or not the client actually wants to work with me. You might be surprised by the number of people who are willing to pay quite a few bucks to talk to a coach on a regular basis, but not willing to do any work in between sessions. ADHD coaching is a process. It takes time, energy, commitment, and dedication. And in order for it to be effective, you have to be willing to do the work. The goal of coaching is to move you forward in some shape or form. But you might also choose to work on other things, like self-awareness or self-esteem, in which case you can still move forward tremendously, but the results may not be outwardly noticeable to those around you. You Have the Wrong Coach. There are some great life coaches out there who are superstars in their respective fields. But a life coach, a weight loss coach, an executive coach, or any other coach who is not trained in ADHD and ADHD-specific coaching will more than likely be the wrong coach for you. Over time, even a very good life coach can get annoyed with you, and you will end up feeling very bad about yourself, simply because ADHD got in the way. Typically, if a client shows up late, I allow them the rest of their allotted session time. I may even go a few minutes over time if my schedule permits. However, these are my policies, and other ADHD coaches may have different policies. Yeah, you read that right. And there are plenty of them out there. The problem is that anyone can call themselves a coach, or an ADHD coach. Experience is what matters. You know your ADHD coach sucks if they make your coaching experience all about them. But your coaching interactions should be about you, the client, and not about your coach. Your coach should explore your options with you, and support your decisions. Your coach should encourage you and know when to challenge you, but not boss you around. A good coach will use their training, knowledge, and experience to work with you. And when it does work, it can be fantastic. The right ADHD coaching relationship can help you move forward and achieve goals that you never thought possible. I welcome your feedback. Coaches and clients, feel free to let me know what YOU think!

## Chapter 4 : Executive Coaching Services - Columbus Ohio / Washington DC

*Auto Suggestions are available once you type at least 3 letters. Use up arrow (for mozilla firefox browser alt+up arrow) and down arrow (for mozilla firefox browser alt+down arrow) to review and enter to select.*

Pin8 16 Shares If you feel frustrated by a lack of progress in your career, you might consider using the services of a professional career coach. A good career coach helps clients take inventory of where they are, work-wise, and where they want to be and how they want to get there. Many jobseekers find this kind of support invaluable when they are looking to make major professional changes but, especially for people who might be out of work, the cost of a career coach might be prohibitive. We collected advice that will help you set goals and reach for them, with only minimal cost involved. Zero in on your goals The first step is to identify where you want to be heading in your career. Perhaps you are making plans for how to take your seat in the C-suite one day. Or, you may be looking to move out of one profession and into another. While different, these two scenarios have one thing in common: Look at LinkedIn; in particular, the profiles of people who have the job you want. What skills and experience do they list that you are lacking? Next, look at job ads for positions that interest you. What are the skills and experience most commonly being listed for those roles? How can you meet those requirements? In some instances, gathering valuable skills is fairly easy; in others, you may need to play the long game and go back to school. In either scenario, knowing what employers are looking for and figuring out how to acquire those skills is critical. Set your goals and a timeline to achieve them. Use it daily, weekly, or monthly to keep yourself on track. Without a coach helping you track progress, writing down your thoughts and feelings can be a valuable tool. Create accountability Career coaches have tricks for keeping their clients motivated. But how can you keep yourself inspired? Pepper-Satkin suggests that asking a friend for support can help. Set deadlines for yourselves and stick with them. Meet regularly, either in person or by phone to compare notes, check items off your list, and create new action items to be accomplished before your next meeting. Search online for websites that offer tips on personal growth and professional development, or join an online coaching group , which will be more affordable than a private coach. Give your resume a facelift As you learn new skills, gather new experiences, or acquire new education, certification, or licensing, be sure that your resume reflects those achievements. Keeping an up-to-date resume will ensure that you are prepared for any new experiences that might come your way during this process. Plus, since your resume is often your first introduction to a recruiter, looks count. An entry-level resume will look different than an executive resume in many cases, so be sure your document reflects the image you are hoping to convey. Take into account both your industry and your stature within the industry when choosing a resume format. To make sure you hit the mark, consider putting a resume builder to use. Builders can provide resumes with both the look and the language needed to convey particular messages to potential employers. So, how can you get feedback without a career coach? The answer is right at your fingertips, according to Pepper-Satkin. Ask questions of your professional contacts either online or by arranging informational coffee dates with people whose advice you think will be valuable. When it comes to feedback, asking for it from professionals whose work you admire might help you identify a mentor who could be willing to provide some free coaching. The introspection it demands to set a goal and work towards it is invaluable. The goal is to move towards a role or a profession that feels personally satisfying to you. You may need to change your approach or your end goal during the course of your exploration to land in a place that feels right for you. LiveCareer offers assistance to jobseekers at every step of the journey. Access free resume templates and resume examples , plus a cover letter builder and advice on how to answer interview questions of all stripes.

### Chapter 5 : Hiring Your Own Executive Coach: 3 Essential Criteria - Jody Michael Associates

*Get this from a library! Be your own executive coach: master high-impact communications skills for dealing with difficult people, improving your personal image, learning how to listen, solving business problems creatively.*

By Gwen Moran 4 minute Read At some point during your career, you may feel the need for a little extra motivation, insight, or accountability. For many, the solution is to hire a professional coach who can help you move in the direction you want. Is it possible to coach yourself? While it can be enormously helpful to have a dedicated professional focused on helping you achieve your goals, there are a number of principles you can apply yourself in order to reap the rewards. Here are seven actions you can incorporate. Study The Gap A good coach helps you take inventory of where you are versus where you want to be, says Bernstein. But chances are that you have a good idea of that yourself. What will it take to make you happy or fulfilled? What specific goals do you want to achieve? Think about where you want your life to change or improve, being as specific as possible, and think about the actions and behaviors that are going to need to happen to get there, she says. Thinking about past situations and what made you succeed can give you some valuable insights, he says. Find Accountability Having regular sessions with a coach is also a powerful motivator, Bernstein says. Get Good Feedback In addition to accountability, you also need regular feedback, Monarth says. This may come in a variety of ways. Finding good advisers or mentors is one way to receive input that can help you grow, and find solutions when you encounter challenges. A skilled coach would guide you through a process to find the best solution for you, but a knowledgeable mentor can have similar benefit, he says. Nick Kettles, a faculty member at The Coaches Training Institute , a coach training and certification organization, says you need to find people who are committed to your growth and not your ego. Feedback is intended to help you get better, not to feed the ego, he says. In addition, it may be useful to explore some of the many psychometric tests available, which can deliver insight into your own personality type and traits. Engage In Self-Inquiry In a coaching relationship, you would be encouraged to think about why you make the choices you make each day, and why you take certain actions. As you review your journal entries and take additional actions during the course of your day, think about the motivations behind each action, and whether the action is serving you, he says. A good coach would encourage you to do so, as well as to celebrate your successes to help keep you motivated, she says.

### Chapter 6 : Advice on how to be your own career coach

*Executive coaching will help you keep your strategies and creativity alive, your focus clear, and will give you the feedback and honest conversation that are required for you to push your own edges and maximize your talents.*

### Chapter 7 : What Should You Name Your Coaching Business? (The PRESSURE!) | Coach Pony Diaries

*Hiring Your Own Executive Coach: 3 Essential Criteria 4 MINUTE READ For those in management and executive positions, it can be challenging to keep pace with the growing demands of the workplace.*

### Chapter 8 : How to Be Your Own Career Coach

*This site is for corporations looking for ways to build a coaching culture and individuals or coaches looking for ways to coach themselves. From the authors of the book Be Your Own Coach. Executive coaches Barbara Braham and Chris Wahl.*

### Chapter 9 : Be Your Own Coach - Business and Leadership Coaching Specialists

*"Becoming your own executive coach is like taking a self-guided tour through Europe rather than a guided tour," said*

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*Alyssa Freas, president and CEO of the Executive Coaching Network and co-author of " The Wild West of Executive Coaching," a article in Harvard Business Review that gained recognition in the field. "If I want that.*