

Why Hire A Coach?



Nearly every successful person, either in business, sports or otherwise, has a coach. Why? Are they not smart enough, talented enough, driven enough to succeed on their own? It is not about that. Successful people understand that if they want to reach the next level, they need to expand their context, sharpen their focus and/or remove any barriers holding them back. A coach helps them to do that.

Here are some benefits you will enjoy by participating in a coaching program:

Design Your Best Life

Is it possible to live your ideal life? Yes, you can have it all. A coach helps you design the life you want and helps you stay on track so you get there. As a coach, our greatest joy is to see you manifest what you want in life.

Gain Clarity of Purpose

Many people live such busy lives that they don't stop to realize that they are heading in the opposite direction of where they want to go. They often expend unnecessary effort based on other people's agendas or their own need for instant gratification only to find themselves unfulfilled...and worn out. A coach helps you clarify your mission and vision so that your energies are used to move you closer to your goals and dreams.

Achieve Your Goals Faster

Who doesn't want to reach their goals faster, with less stress? A coach helps you develop a plan of action, provides you with consistent support and offers innovative strategies and approaches to help you quickly reach your goals.

Identify What You Need to Change or Improve

In order to achieve different results we may need to do things differently. Insanity is doing the same thing over and over expecting a different result. A coach helps you identify your blind-spots that create roadblocks to your success and helps you overcome them so you can move forward.

Receive Support and the Benefits of Collaboration

When two or more people come together to brainstorm, their collective ideas multiply exponentially. Synergy is both energizing and productive and helps you reach your goals faster.

Enhance Your Relationships

It is our nature as human beings to want to feel appreciated and loved. In this fast-paced society in which we live, it is important to cultivate meaningful relationships with the important people in your life. Your coach can help you improve your communication and relationship skills and attract the best people to you.

Make a Difference

Want to make a difference in this world? Work with your coach to identify and harness your unique strengths and talents to fulfill your life's mission.

Improve Balance

Most people are spinning plates, desperately running back and forth trying to keep them all going at the same time. Your coach can help you un-complicate your life and gain balance so you have more fun, work less hours and find joy, peace and fulfillment in your life.

Improve Health

Most everyone has attempted either an exercise program and/or a diet that ended unsuccessfully. Your coach is your accountability partner and can help you remain steadfast to your commitments so you can achieve the results you desire.

Develop Personally and Professionally

Your inner world is connected to your outer world. How you think (the roots) directly affects your results (the fruits). Your coach can direct you to a multitude of development tools and techniques to help you learn and grow into the person you want to be, both personally and professionally.

To discuss your specific coaching needs or to schedule a coaching session, please contact us at (416) 216-0864 or by email at info@discovertheedge.ca to schedule a consultation.