



Judith K Hamman LLC
CERTIFIED PERSONAL & BUSINESS COACH

Judith Hamman MA
coach@judithhamman.com
phone 970.493.6006

www.JudithHamman.com

Top Ten Reasons to Hire a Coach

Judith K Hamman - Certified Coach

Life Coaches come in different sizes, shapes, and specialties. They are certified through programs emphasizing a multitude of approaches. Then there are larger organizations that certify the coaching programs. Those organizations also give accreditation credentials on top of certification to individual coaches.

Confused yet? Let's make it easy. As a group, these women and men have chosen to be of service by making a difference in people's lives. They have spent time, energy, and money to acquire coaching skills, experience, competencies, and a high standard of ethics. That is what the certification and accreditation is really about.

Let's make it even easier. Coaches are effective change agents in many different ways. Here are my top ten.

#10- Coaches collaborate with you to find the work or career that you love.

During life transitions, support from a coach may include exploring your challenges, passions, and purpose. They assist you in finding skills and talents that you may have forgotten about, then aid you in creating strategies that get results.

#9 – Coaches show you how to live and work from your strengths.

When you feel stuck or frustrated, to whom do you turn? Coaches listen deeply and then ask questions that let you zero in on what works for you and how to capitalize on that. They also encourage you to expand your vision and up your power.

#8 – Coaches have tools that can develop or sharpen your leadership skills.

Are you ready for a higher-level position? Why not realign with your principles using a coach? They also help you align with new skills. You can use coaching to create an action plan, measure your progress, and hold yourself accountable.

#7 – Coaches support you in living a more harmonious and peaceful life. Even coaches like to be coached on this one.

Have you ever figured out what brings you a sense of well-being, and then practiced those characteristics over time? Coaches show you how to cultivate your own peace of mind.

continued >>

#6 – Coaches facilitate your efforts in building and nourishing relationships.

Would you like to develop more mastery in the area of relationships, especially the important ones? Coaches encourage you to define who you want to be, and then they listen, and they support you when you try out new attitudes and behaviors.

#5 – Coaches promote you in expanding strategies for success and motivation to grow your business.

Collaboration with a coach can move you forward with tools and tactics that boost YOUR personal bottom line. With new strategies for success you can then make significant changes in your work or business.

#4 – Coaches inspire you to create more time with yourself, your family, and your friends.

They encourage you to go right to what really counts in your life and work. With new priorities and commitments in your personal organization system, you achieve clarity allowing you to take new actions.

#3 – Coaches encourage you with new ways to solve problems and stay focused.

Ever asked yourself, “Now what do I do?” Call a coach and you may not get a direct answer, but a coach will stimulate you to discover your own answers and together you will figure out what to do.

#2 – Coaches ignite your sense of purpose.

“So what?” you ask. Well Coaches show you how to hone your life purpose. Then they show you how to use it to solve problems, make decisions, and navigate your own direction among a multitude of choices.

#1 – Coaches allow you to get clear on who you are, what you want, and how to get there.

That pretty much says it all.

Dr. Joan King, a Master Coach and Coach Trainer likes to comment, “Coaching is the yeast that makes the dough rise.” For you more technical types, coaching has been referred to as the technology of transformation. Either way, coaches are on the cutting edge of change, AND they rock!

**Visit www.JudithHamman.com
for a complimentary strategy session**