

WHY CHOOSE EXECUTIVE COACHING?

Coaching is based on purposeful conversations, conducted with skill and purpose, to facilitate change and learning.



UNDERSTAND WHAT COACHING CAN DO FOR YOU – AND WHAT IT CAN'T

When we start working with you, we'll help you to understand a bit about what coaching is and isn't and if it's the right approach to help you. It's important to understand your goals and the exact purpose of the coaching. Working with a coach means having an accountability partner, and is a relationship that has the potential to deliver lasting change for you in your working life and beyond.

Be prepared to take action and try different approaches

Coaching is all about doing things differently. The coaching conversations will help you think through what you'd like to achieve and plan the actions you're going to take. You need to be prepared to try different things and take some calculated risks. A good coach will make sure that the coaching conversations are stimulating and thought-provoking. But a lot of the impact of coaching comes from the actions that you'll take in between the coaching sessions. If you're not feeling ready to change your approach then coaching probably isn't for you.

Expect Challenge

Your coach will support and challenge you, perhaps by encouraging you to step out of your comfort zone or by questioning and reflecting on your thinking. This is all about helping you make crucial changes in how you think and act and your impact on others. You need to be prepared to be challenged so that you can bring about changes and change long-standing habits. "Nothing changes until you do".

All OCM Coaches have real-life business experience enabling them to understand how things get done in organisations so they can effectively help their clients with complex challenges. Our coaches bring extensive business expertise and experience into their coaching conversations in a transformational way that fits your needs, situation, and context.

COACHING IS AN AMAZING OPPORTUNITY AND CAN BE A TRULY TRANSFORMATIONAL EXPERIENCE.

Research shows that some of the benefits of coaching happen long after the coaching has finished. And some of the benefits may be at a level you're not even conscious of. So it's worth embracing the opportunity and taking the time to choose a coach that's best for you – with great coaching skills and a good fit with your own personality and situation. It might just change your working life!

At The OCM, we have a team of exceptional coaches, and our experts are ready to help find the best coach for you! If you'd like to talk to us about coaching, please contact enquiry@theocm.co.uk.