



What Is Holistic Executive Life Coaching?

Holistic executive life coaching is the type of coaching in which we specialize. It is an integral approach to coaching in which we address each of the segments that make up our clients' life. Through our coaching approach, we form ongoing partnerships with our clients that help them create real and longstanding change in their life, reach the goals they desire, find fulfillment in their profession, and succeed through work life balance.

We use our unique Success through Balance coaching technique to accelerate the growth and development of business owners, executives, and lawyers. We do this by enabling them to have greater focus and awareness of choices and possibilities available for them, overcoming obstacles in the path of their goals, and re-framing patterns of thoughts and behavior that are not congruent with where they want to be and what they want to achieve in life.

Coaches concentrates on where you are today and what you are willing to do to get where you want to be tomorrow. It is a way to identify, address, and correct the real issues that affect the limits to your potential. Coaching is a collaborative process leading to self-discovery, deeper understanding of the skills needed to succeed, and focus on critical behaviors that may be hindering a professional's perceived performance.

When you begin a coaching relationship, you take part in a supportive and focused process enabling you to step away from the day-to-day activities and take a hard look at your leadership competencies, develop action plans to build on strengths and address growth areas, and maintain motivation and progress. A coach will challenge you, push you out of your comfort zone, hold you accountable, and teach you ways to combat self-imposed limiting behavior.

Our coaching approach enhances your ability to learn, make desired changes, solve problems, make decisions, and achieve goals. We work with you individually or in groups via telephone in a series of regularly scheduled sessions. Our coaching is focused on lawyers, executives, and business owners.

Coaching is not counseling or therapy. This is a very important fact to know and commonly confused. Coaching is not focused on giving advice, healing dysfunction, or analyzing behavior. The focus of coaching is on you finding your personal and professional direction, life vision, and goals, designing a strategy for reaching those goals, and learning ways to overcome obstacles. A coach supports you in strategizing solutions, choosing the right direction, building your personal skills, and raising your awareness. Coaches don't diagnose you, tell you what you need to do, or spend time analyzing your past. We concentrate on where you are today and how to get where you want to be tomorrow easily and effectively.