

Definitions of Coaching

The Coaches Training Institute:

“Coaching is a powerful alliance designed to forward and enhance the lifelong process of human learning, effectiveness and fulfillment. A coach is someone who will help you articulate your goals, define strategies and plans, hold a vision of you in full expression and success, and challenge you to achieve that vision. So you and your coach become powerful participants in a team that is committed to deepening your learning and forwarding the progress toward your dissertation goals.”

International Coach Federation:

“Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

Professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performances and enhance the quality of their lives.

Coaches are trained to listen, to observe and to customize their approach to individual client needs. They seek to elicit solutions and strategies from the client; they believe the client is naturally creative and resourceful. The coach's job is to provide support to enhance the skills, resources, and creativity that the client already has.”