



## **Benefits of Personal Coaching**

### **1. One-on-One**

The Wendling Group Coaching process offers personalized attention through weekly, one-on-one telephone sessions.

### **2. Customized**

Whether you choose a program of six months or six years, Personal Coaching will give you training to help you achieve your goals. Through personal assessments, behavioral profiles and interviews, the coach will evaluate your situation and identify strengths and weaknesses. You and your coach will develop personal goals based on what matters most to you and what is most relevant to your individual needs.

### **3. Convenient**

With Personal Coaching, you have unlimited access to personal effectiveness professionals by phone, fax, e-mail or Instant Messenger 24/7. Personal Coaching gives the flexibility to receive training any time of day and from the comfort of your own home or office. You can schedule your coaching sessions whenever and wherever it's convenient for you.

Personal Coaching works because your coach will help you master skills you need to form lasting habits. Talking one-on-one with a Personal Coach is an efficient way to learn. This proven process helps to create positive, useful habits that lead to achieving professional and personal goals more quickly and easily. A Personal Coach will hold you accountable for accomplishing your goals and will make sure you don't backslide into old, unproductive habits. A Personal Coach provides positive, useful feedback to motivate you into action.

To determine if personal coaching is right for you, contact The Wendling Group at 916-965-4933 or e-mail [wendling@wendling.com](mailto:wendling@wendling.com)