

Coaching Overview

The Wendling Group Coaching Philosophy

In order to achieve personal and professional excellence from coaching, it must be viewed as an intimate process, unique for each individual, achieved through a collaborative effort. The decision to embrace coaching and the choice of the 'right coach' is an important one that can have far reaching consequences. In order to be successful, our approach requires mutual trust, mutual respect, mutual concern, mutual comfort and collaboration. Although we have tried, tested and proven methodologies, we view every person as an individual. We view each situation and each individual as unique and offer a tailor made approach, rather than a 'quick fix' boilerplate method of assisting people.

What do we mean by coaching?

Coaching is an interactive process that helps individuals and organizations to develop more rapidly and produce more satisfying results. The word 'client' is used to denote the person who is being coached, regardless of who is paying for the service. TWG coaches work with clients in a variety of areas and business disciplines. As a result of coaching, clients:

- Set more effective goals
- Make better quality decisions
- Become more personally liberated
- Take more decisive action
- Become high quality leaders
- Enjoy greater freedom
- Fully use their natural gifts and talents

Coaching involves a journey of self-discovery leading to the releasing of untapped and as yet unrealized potential. It is aimed at achieving specific, agreed professional and personal outcomes that are in line with both the individual's sense of purpose and value system. Designed to stretch, these outcomes will normally deliver the individual far beyond where they would have got to on their own.

Who would benefit?

It may be someone who is highly successful, with highly developed skills, already displaying a great deal of influence, seeking deeper satisfaction and sense of fulfillment. Or it may be someone without a compelling and stretching vision, not connected to any sense of purpose, caught up in the here and now, yet knowing there is more. Both of these, and many others, would benefit from professional coaching which provides an ongoing relationship, focusing on the client taking actions toward the realization of their personal vision, individual goals and desires. Whether a CEO or an aspiring manager, coaching will help you identify and create more opportunities for success in line with your temperament, gifting, talent and abilities.

After working with a professional business coach, you will:

- Gain a better understanding of yourself
- Obtain a greater appreciation of others
- Develop an authentic self confidence
- Have a clear vision and route to attainment
- Achieve your goals more quickly
- Learn to elicit increased collaboration
- Begin to view obstacles as opportunities
- Abandon worry, doubt and fear
- Capitalize on your leadership style
- Harness and develop your power of influence
- Integrate your vision, purpose, abilities and gifts
- Enhance relationships, both professional and personal
- Be more productive
- Have a greater sense of fulfillment & contentment
- Experience more fun and joy in all aspects of your life
- Utilize appropriate stress and banish harmful stress
- Enjoy a more balanced lifestyle



To determine whether coaching is right for you, contact The Wendling Group at (916) 965-4933 or e-mail wendling@wendling.com