**Coaching Fact Sheet**

*\* Chapters are encouraged to edit this document as needed for their initiative. (Remove this text before distributing.)*

**What is coaching?**

Coaching is a process and partnership that allows you to accelerate forward, especially when you’ve been stuck. By realigning your momentum, your life becomes easier, more peaceful and more fulfilling. A coach won’t tell you what to do or give you all the answers. A coach is objective, non-judgmental, an excellent listener, and helps you uncover the strategies and steps forward that will work best for you. As a client, you are responsible for the commitment to achieve the agreed upon action steps and for your own success.

**Benefits of coaching:**

Working with a coach allows you to:

* Gain new insights and expand possibilities
* Become more balanced in your life
* Become focused on what’s most important to you and what fulfills you
* Achieve goals you’ve never thought possible, personally and professionally
* Optimize your inner trust, intuition and self-worth
* Achieve more with an accountability partner

**Quotes from past participants of nonprofit outreach coaching initiatives:**

“This opportunity came along at a crucial time when I needed to make assessments to improve not only myself, but the work environment. These sessions have been invaluable and improvements have already been made through the applications of concepts learned in the…Leadership Academy. In addition, one thing that has already happened is that I have been able to share some of what I have learned with others, which has changed their thought process and work flow.”

“My coach was excellent at listening and was always well engaged and asked many good questions that caused me to think and process my feelings. “

“I feel that coaching at this time in my career was very helpful with my transition to my new role. I appreciate the clarity of my coach as well as the honest feedback he gave. I feel that this experience helped me to fine-tune my vision and assisted with the development of the path to achieve it. “

**What participants can expect:**

* Four to six coaching sessions with his/her individual ICF Coach (no more than 10 session hours)
* Coach and participant will determine other mutually agreeable dates and times for phone coaching
* Goals for coaching will be determined by the participant

**What is required of participants:**

* Commit to the coaching sessions with his/her individual ICF Coach
* Follow up on any fieldwork agreed to during the coaching session
* Complete a survey at the mid-point and when coaching is completed

**Who are the coaches?**

The Coaches will be credentialed as either [Associate (ACC), Professional (PCC) or Master Certified Coaches (MCC)](https://coachfederation.org/icf-credential/). All ICF Credential-holders complete rigorous education and practice requirements, providing testimony to their commitment to excellence in coaching. Typically, the Coaches participating in this program will be from your region.