

“COACHING” – A Different Look!

By John Hlavac

DEFINITION OF THE ROOT WORD: “COACH”:

(SOURCE: “**Webster’s New Universal Unabridged Dictionary**”, 1972):

- a. a private tutor, generally employed to prepare a person for a specific examination
- b. a trainer or instructor in athletics, dramatics, etc.

HOW COULD PERSONAL OR BUSINESS “COACHING” HELP YOU?:

Coaching is about inviting possibility and helping each client/person discover inner knowledge within themselves. Masterful coaching can help each client identify and develop unrealized skills and abilities they already possess to accomplish personal desires and goals. Proficient coaching is a great way to polish up a good life or completely revamp a worn out way of living. Sometimes people need a coach to find themselves because they feel out of sync, stuck, or just seem to have lost that spark. Other coaching situations might involve dealing with a new project, a life transformation event, career challenges, or just looking to get to that next level. Coaching can help stimulate new ideas and implement creative strategies previously unexplored.

“COACHING” AS AN ACRONYM:

- C = Creative, Cerebral, Collaborative
- O = Outstanding, Optimistic, Organization
- A = Awesome, Awakenings, Achievements
- C = Chemistry, Crystallize, Capture
- H= Harness, Holistic, Hindsight
- I = Intuitive, Inspirational, Intelligence
- N = Nurturing, Neural, Nuances
- G = Great, Guises, Gifts & Gratitude

When this collection of defining words is used together, you may visualize a new perspective of what good coaching can produce:

“Effective coaching is creative, cerebral and collaborative, producing outstanding and optimistic organization focused to cause awesome awakenings and achievements by building interpersonal chemistry to crystallize, capture and harness holistic hindsight and enabling intuitive inspirational intelligence with nurturing neural nuances to generate great guises, gifts & gratitude!”

POSSIBLE “COACHING” AFFIRMATIONS:

- My clients achieve remarkable results and are consistently happy and satisfied after participating in a coaching session with me.
- I enjoy a successful, productive and prosperous full-time coaching practice.

“COACHING” RELATED QUOTATIONS:

“A coach is someone who can give correction without causing resentment.”

John Wooden, UCLA basketball coach

“A good coach will make his players see what they can be rather than what they are.”

Ara Parseghian, Notre Dame football coach