

COACH

MAGAZINE

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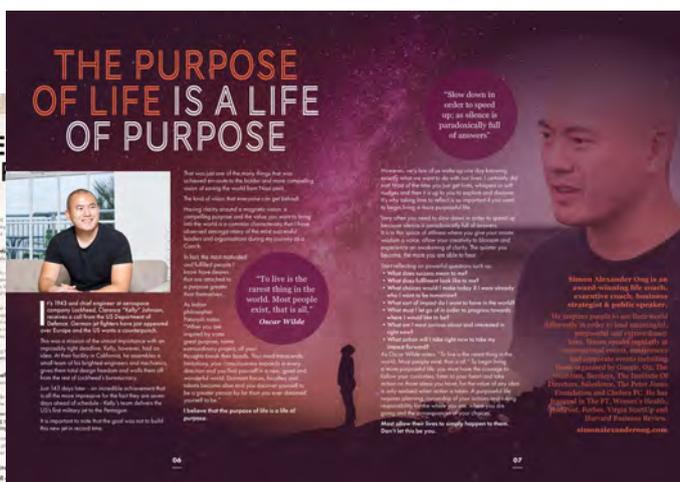


www.coach-magazine.com

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COACH is all about showcasing professional coaches and experts from around the world and supporting the industry standards.

2020 ISSUE DATES: April, July and October



Who you are and what you do

Name

Business title

Website Address

How long have you been a coach?

How long have you been in business?

Discover...

Please share a little bit about your background and journey to becoming a coach / expert?



How did you find COACH magazine?



Are you a subscriber to COACH?



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Credentials

Are you a trained coach?

If so, please details of your coach training who with etc(including acredited course body) and any additional related professional training.

Are you an Accredited Coach and if yes, with which body? ICF, AC EMCC or other?

EDITOR'S NOTE



Welcome to COACH - the brand new, vibrant quarterly digital coaching magazine.

This dedicated and unique space is designed with a mission to inspire, educate and empower you to grow, succeed and be the best you can be in all areas of your life.

Taking responsibility is the key to becoming empowered to truly achieve what you want and to be happy and fulfilled and coaching is a great step towards this.

If you have ever considered coaching but felt confused around what it is and isn't, how it could help you, what to look for and from whom, then you are in the right place. COACH brings you a wealth of expertise, experience, advice and insights from successful and inspirational coaches.

The professional directory listings are a resource to find coaches, mentors, consultants and therapists.

I am passionate about personal development and business growth. As a trained coach, NLP Practitioner and award-winning businesswoman my publishing, sales and media background skills have combined with my coaching career to be able to bring you COACH - a collaborative space to champion professional and ethical coaching.

I am so honored to feature these amazing coaches and experts and want to thank each and every one of them for bringing so much value and being a part of this brand new, exciting space.

I really hope you enjoy the launch issue and would love to hear your feedback!

COACH is free to subscribe to and read online - please share the love and help it to travel to be read by many.

Teresa

Get in touch to feature, contribute or list in The Directory at hello@coach-magazine.com

All glossy print copies of COACH are available to order online at www.coach-magazine.com

Media Kit

This first edition is dedicated to the late David Jessop.

FINDING THE RIGHT COACH FOR YOU

'Great coaching is fully client-focused'

As this is a space to help you understand and explore coaching, in this first issue about how to recognise and choose a good coach that is right for you.

Coaching could be viewed as subjective, what works for one is not the same for another and it is certainly true that one size doesn't fit all. Great coaching is crafted from professional skills that are fully client-focused, not coach-focused. An effective coach will always draw the answers from you; they will listen and build quality rapport, ask questions to make real consideration, offer valuable feedback and their niche will add extra skillsets and experience.

Coaching takes you where you can't take yourself!

Knowing logically what to do just isn't enough when you get stuck in your thinking, lose focus or can't recognise why you can't move forward.

3 signs coaching will help you:

- You want to upgrade or make changes in your business but find it difficult to navigate a path towards that and need to map out next steps.
- You feel barriers to growth (real or perceived) limiting beliefs or mental issues hold you back, you struggle making decisions, are stuck in looped thinking, feeling frustrated.
- You want to get clarity and focus around what you are doing and need new resources, strategy help given accountability.

Remember, the driving force behind your life and business is you, so instead of often the near transformational part of your journey, it takes time as it can be difficult initially to think in a new way but when this starts shifting, so does your living when.

Exploring your options

The initial discovery call is the space to explore whether you and the coach are a fit.

A coaching investment isn't to be taken lightly. Before your call, think about the questions you want to ask around their experience, qualifications and approaches. The coach will want to understand what the problems are and what you want to achieve but don't be afraid to ask your questions too! Seek their strengths and look for someone who complements you, not overpowers you.

Try and do this via Skype or Zoom so you can meet virtually. Follow your instinct and if you feel uncomfortable or at all pushed or 'sold' to just bring it to a close. It is important that you feel valued and understood from the start.

Accountability is a valuable and powerful part of coaching. It's not being told what to do or reporting back, it's constructive support, feedback and holding you accountable to taking the actions you have set yourself! This will involve holding the mirror up when needed - and challenging you. You don't want a 'yes' coach! An honest and honest space is what you are looking for, so a challenge is never a confrontation, but well-placed and in your best interests. As a coach, you need to be committed to what you say you want as when the tasks and the work needs to be implemented, it is down to you.

You want a coach who can listen deeply and facilitate your best thinking, not just tell you what to do or supply answers. Rather, they will help you to organise and develop your own thought processes, a lifelong skill to learn.

So choose 3 coaches, initially to have calls with and remember, you are not making a commitment at this stage, you are simply exploring options, but do be prepared to commit and invest when you find the right coach.

Your mentor is the biggest guide you have, trust it and you won't go far wrong.



Let's Get Social!

The mission of COACH is to travel far and wide - the digital magazine is free to subscribe to and read online!

Feature coaches will receive their own feature pages as a jpeg to share, will be promoted as part of the launch PLUS be invited for live interviews to talk about their work and to be a part of the COACH community and network.

Are you an online coach or a mixture of online and offline?

Tell us a bit about your online audience reach & which platforms work best for you?

Thank you so much for your interest in COACH. Please send your information to hello@coach-magazine.com and attach one headshot and 2 other branding photos - low res.

We will be in touch very soon!



Come over and join us in our Facebook group 'COACH Community'

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The COACH Podcast

Calling all coaches! We are looking to include professional coaches for great conversation on our Professional Coaching Podcast.

We are open for discussion around the currently unregulated industry, training and CPD and why this matters, also looking for niche coaches, success stories and human connection pieces where you can share your story around coaching.



To register your interest, please write a few words below on what you would like to speak about.