

what is a coach?

A Coach is...

- Your partner in achieving professional goals
- Your champion during a turnaround
- Your trainer in communication and life skills
- Your sounding board when making choices
- Your motivator when strong actions called for
- Your unconditional support when you take a hit
- Your mentor in personal development
- Your co-designer when developing an extraordinary project
- Your beacon during stormy times
- Your wake-up call if you don't hear your own; and most importantly...
- Your coach is your partner in living the life you know you're ready for, personally and professionally

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