



Really Good Reasons Why You Should Get An Executive Coach

1. You are already good and recognise that it's going to take you that bit extra to become outstanding!

In the same way that top sportsmen and women will always seek out the top coaches in their field, you too should have an executive coach that will encourage you to reach your potential. An executive coach will hold you accountable for the actions that you agree to complete, will make demands of you that will continually stretch your performance and will push, challenge, cajole and motivate you to achieve them. They will also be there to be the first to congratulate you on a job well done!

2. You have a lot of business experience but you have neglected your personal development.

As a leader or manager, you work hard to ensure that people in your team receive the appropriate training, but your own development needs have moved beyond generic training. As a result, you may have neglected your own development. Choosing to work with an executive coach is not a personal indulgence but a significant investment in your rapid development. A coaching relationship will focus like a laser on the key aspects that will make a difference to your performance, now. Together, you will establish key measures of improvement and work diligently at removing any obstacles that might prevent you from achieving the desired results, i.e. ensuring that there is a return on that investment.

3. You have reached a plateau in your current role and need to reignite your passion to strive for the next level.

Working with an executive coach can help you to build a strong impression of the value you have to contribute to your organisation and help you to discover career avenues that will allow you once again to contribute at your highest capability level.

4. You believe that you simply aren't getting the best out of your people and that your team as a whole isn't as effective as it could and should be.

'Leadership' is a key watchword for career success, but defining the elements of leadership that you need to build upon in order to motivate your team's performance is an area that can be explored more fully through working with an executive coach. For example, striking the balance between professional aloofness and intimacy with your team might have a significant impact on the respect you are accorded as a leader.

5. You are swamped by ideas, tips, buzz words, mantras and philosophies.

Like any modern executive, you are bombarded by new ideas and techniques but implementing any of these on a consistent basis seems to be almost futile before the next 'new wave' comes along! As an outsider to your department or division, an executive coach can act as a sounding board and offer an alternative perspective that can sometimes be difficult to gain for yourself. An executive coach will help you to identify the fundamental issues that you need to address and help you select activities with confidence that will make a real difference.

6. You feel that you are married to your work and that it demands you work all hours.

If you are ready to start taking control of the hours that you contribute to your career and still get better results, then you should consider executive coaching.

7. The results you achieve don't seem to justify your efforts.

If you want to continue doing what you have always done it should come as no surprise that you will get the same results. An executive coach will challenge your status quo and get you focused on taking action now that will enable you to make the improvements that matter. We refer to this as 'focusing on the fundamentals' and it involves change, so you need to be open to this for it to be successful – the results can often be dramatic!

Some additional benefits of executive coaching...

Aside from encouraging performance, one of the many roles an executive coach can play is that of sounding board and confidant; they genuinely care about your development and help you to resolve issues. The value of having someone 'in your corner' shouldn't be overlooked. It may not be their main function, but it can be an invaluable one. Executive coaching is often the favoured route of leaders and managers because it is considerably more time-efficient and effective than any other intervention. It is individually tailored to your needs and entirely outcome-focused.

Do any of these scenarios sound familiar? Could you use a little nudge to help accelerate your performance?

Notion is a global expert in behaviour change and coaching. To learn more about Notion's 1-to-1 executive coaching programmes [click here](#) or call us now for an informal consultation on +44 (0)1926 889 885.

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