

# 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 action's called for;
- ❖ Your unconditional support when you take a hit;
- ❖ Your mentor in personal development;
- ❖ Your co-design 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."

Source: Thomas Leonard, founder of Coach U. All Rights Reserved.