

# What is Coaching?

## Coaches:

- Help people set better goals and then reach those goals.
- Ask their clients to do more than they would have done on their own.
- Focus their clients better to more quickly produce results.
- Provide the tools, support and structure to accomplish more.

Coaches help the client move forward and set personal and professional goals that will give them the life they really want. Coaches strengthen the client's skills. Coaching is designed to help clients improve their learning and performance, and enhance their quality of life.

A coach challenges you and takes the time to find out what winning in life means to you. A coach is your partner in living the life you know you can accomplish, personally and professionally. A coach is someone to hold you accountable for your life, to make sure you really do live up to your potential. A coach can help you obtain a higher level of performance, learning, or satisfaction.

A coach relates to the client as a partner. A coach does not relate to the client from a position of an expert, authority, or healer. Coach and client together choose the focus, format, and desired outcomes for their work. The client does not relinquish the responsibility for creating and maintaining these nor does the coach take full responsibility for them.

Advice, opinions, or suggestions are occasionally offered in coaching. Both parties understand that the client is free to accept or decline what is offered and takes the ultimate responsibility for action. The coach is not discouraged from offering advice, opinions or suggestions on occasion.

Information obtained from The International Coach Federation, the largest worldwide non-profit professional association of certified personal and business coaches.

# Coaching Program

Rate where you feel you are at the following eight areas of your life on a scale of 1 to 10 with 10 being perfect.

1. Physical (appearance and condition)
2. Mental (attitude and self-growth)
3. Spiritual (you define religion, could be mediation or nature)
4. Financial (debt and investments)
5. Social (friends that are outside of work and family)
6. Material (toys, home, car, etc.)
7. Family (parents, siblings, husband, children)
8. School and Career (are you where you want to be)

**What would you like to accomplish within the next six months?**

## **How Will You Be the Leader of Your Own Life?**

*See Jane Win* is a research book that studied successful women in business; they discovered something very important: "Because so many of the successful women described themselves as feeling different, it tempts one to believe that feeling different is a building block for individuality and resilience."

You are an individual, act like an individual and don't try to blend in -

**Blend Out !!**

Why are you trying to be like everyone else when you are

**One of a Kind !!**

**Write a paragraph about your Dreams.** What would you do to make the world a better place? How will you be a leader in your own life?

## Make Character Count in Your Life - Why?

- ✚ Character affects relationships, actions, attitudes, goals, words, decisions, and the outcomes of life's successes
- ✚ Character is the summation of individual values and can be developed through education and communication
- ✚ Character prepares youth for Oklahoma's Promise of the OHLAP Scholarship ([www.okcollegestart.org](http://www.okcollegestart.org)) by developing the personality traits needed to meet the requirements of making good grades and staying away from serious trouble, drugs and alcohol
- ✚ Character provides workforce preparation because if character, diligence, persistence and commitment are lacking - skill, talent, ingenuity and knowledge are useless
- ✚ "Hire for character and train for skills" -- Michael Josephson, Character Counts
- ✚ "The *right* people are your most important asset. Whether someone is the *right person* has more to do with character traits and innate capabilities than with specific knowledge, background, or skills."  
-- Jim Collins, author of *Good to Great*
- ✚ Character is the first of the Financial Six C's (followed by capacity to pay, capital, collateral, conditions, and confidence) lenders definitely consider Character when making a loan

## Good Character

Good character is more to be praised than outstanding talent

Most talents are to some extent, a gift.

Good character, by contrast, is not given to us.

We have to build it piece by piece – by

Thought, Choice, Courage and Determination.

-- by *John Luther*

**The Six Pillars of Character:** [www.charactercounts.org](http://www.charactercounts.org)  
*Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship*

# CHARACTER COUNTS In Your Life!

## *The Six Pillars of Character*

Josephson Institute of Ethics

[www.charactercounts.org](http://www.charactercounts.org)

**Trustworthiness** Be honest – Don't deceive, cheat or steal - Be reliable – Do what you say you'll do – Have the courage to do the right thing – Build a good reputation – Be loyal – Stand by your family, friends and country.

**Respect** Treat others with respect; follow the Golden Rule – Be tolerant of differences – Use good manners, not bad language – Be considerate of the feelings of others – Don't threaten, hit or hurt anyone – Deal peacefully with anger, insults and disagreements.

**Responsibility** Do what you are supposed to do – Persevere; keep on trying! – Always do your best – Use self-control – Be self-disciplined – Think before you act – Consider the consequences – Be accountable for your choices.

**Fairness** Play by the rules – Take turns and share – Be open-minded; listen to others – Don't take advantage of others – Don't blame others carelessly.

**Caring** Be kind – Be compassionate and show you care – Express gratitude – Forgive others – Help people in need.

**Citizenship** Do your share to make your school and community better – Cooperate – Stay informed; vote – Be a good neighbor – Obey laws and rules – Respect authority – Protect the environment.

**T R R F C C – Be Terrific by Having Character !!**

**National Character Counts Week is the third week of October every year.**

