



Comments related to Personal Coaching

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"Thanks to coaching sessions I learned to know myself better. In particular I was able to identify sources of energy and mental blockages. In overcoming the latter I achieved a better balance between my private and professional life. "

"Coaching is an investment in oneself. It is not only the most effective way but perhaps the only way of achieving both successful professional and personal objectives. "

"I learned to push back real barriers and overcome negative blockages. With the help of this new awareness I was capable of assuming real responsibility in the framework of my own development as well as that of my collaborators. As a result I was able to maximize the global potential of my team. "

"Personal development as the basis of effective management requires certain conditions; among them, the ability to go off the beaten track of thought and action in order to make further advances possible. It is necessary to experience a situation in order to understand it. This coaching offers me this possibility. "

"What was decisive for me was the contribution of clarity and better tools in the analysis of how I was functioning. Many coaching methods aim to broaden the techniques of expertise or improvement of managerial behavior. This coaching fills a huge gap, that of knowing how to act and to deal with oneself. It offers us valuable tools concerning personal satisfaction and performance in a professional and personal environment. "

"By means of intensive exercises drawn from experience at the emotional level coaching sessions have led me to use my own force and energy in a marked manner. This, in turn, has contributed to my personal growth and has allowed me to change my behavior in a very real way. "

"In my view coaching is particularly suitable to co-workers and executive staffs who wish to work on their personal development, initiate a new orientation or reinforce confidence in them."

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