



# *Work Smart Live Smart*

## **The Power Of Coaching**

**By  
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Have you ever wondered how great people achieved their success? Were they endowed with greater intelligence than the rest of us? Or was it largely a matter of chance that they were in the right place at the right time?

Successful people like Donald Trump, Julia Roberts, and Margaret Thatcher have all had coaches. Like athletes who have coaches keeping them on track and at their peak, successful people have a coach to keep them focused on their goals and help them realize their full potential.

### **What does a coach do?**

A coach helps others find fulfillment, to clarify choices, and to be fully in the process of life. A coach is someone who sees how big you can be and constantly holds that big image for you. The coach designs an alliance that helps people make powerful changes in their lives and work.

### **What is coaching?**

Unlike counselling or therapy, coaching does not look for problems to fix. You are whole. There are no missing pieces. Instead, coaching evokes the excellence in your life by tapping into the vast potential inside you that needs to be expressed. Coaching helps you to articulate your goals and then supports you through the hard times, celebrates the victorious times, and most importantly holds you accountable. Reaching your goals allows you to begin living at your fullest mental and spiritual level.

### **How does coaching work?**

You and your coach will meet during intake sessions to discover your values, goals and dreams. This is also the place to voice how you want to be coached. You design the alliance with your coach to meet your ultimate needs. Then you will arrange for the best times to do your weekly coaching calls. The coach is there to ask powerful questions that will deepen your learning about yourself and help you realize what it is you really want and what you need to do to attain it. At the end of your coaching call you may be left with homework for the week. This is when the effects of coaching really begin to work.

### **What will I get out of joining with a coach?**

You will get results in all shapes and sizes; moments of realization, conquered fears, achieved goals and clarity in more ways than one. You will move from where you are now to where you want to be with direction, support, and celebration. By committing to coaching, you are

committing to creating more for yourself than you would ever do for yourself alone. A coach truly listens to you, motivates you, acknowledges the greatness you possess and tells you where you are not being true to yourself. A coach will be more honest with you than your best friend would ever be, moving you past your stuck points and towards fulfillment.

### **Who needs a coach?**

Coaching is for anyone who is ready to face today's dreams and make them a reality. It is for those who believe they will reach their goals with persistence, effort, and support. You should have a coach to give you that boost when things seem sluggish. You should have a coach to acknowledge the tremendous gifts you have to make things happen for yourself.

Begin your journey to success by mining your inner wealth.

Suzanne Sutherland is a trained and experienced coach and a certified Human Resources professional who is passionate about enabling people to find their inner wealth. As a life coach she will help you to find your true calling.

Contact Suzanne Sutherland at (905) 862-0684 or email [suzannesutherland@sympatico.ca](mailto:suzannesutherland@sympatico.ca) and book a free one-hour sample coaching session and see for yourself how powerful coaching can be in your life.

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit [www.WorkSmartLiveSmart.com](http://www.WorkSmartLiveSmart.com) for more on Beverly and her wellness work.

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