

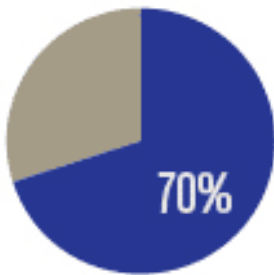
From the ICF website

Benefits of Using a Coach

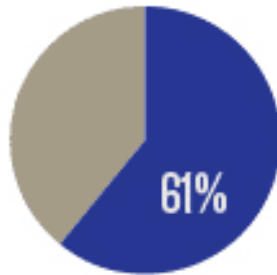
Professional coaching brings many wonderful benefits: fresh perspectives on personal challenges, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence. And, the list does not end there. Those who undertake coaching also can expect appreciable improvement in productivity, satisfaction with life and work, and the attainment of relevant goals.

Increased Productivity

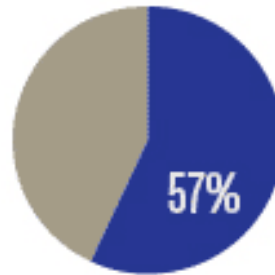
Professional coaching maximizes potential and, therefore, unlocks latent sources of productivity.



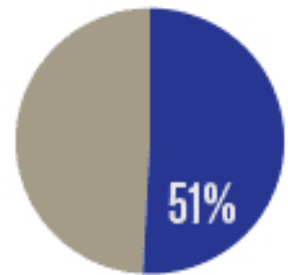
**Improved
Work
Performance**



**Improved
Business
Management**



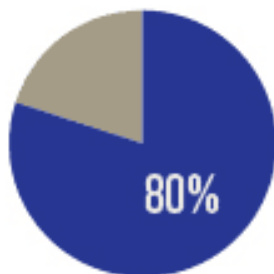
**Improved
Time
Management**



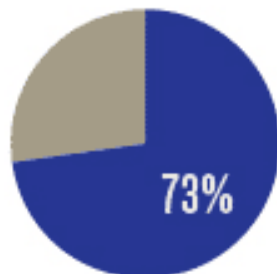
**Improved
Team
Effectiveness**

Positive People

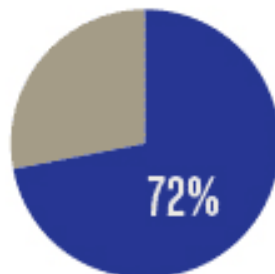
Building the self-confidence of employees to face challenges is critical in meeting organizational demands.



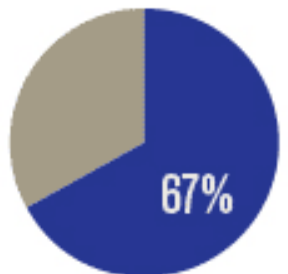
**Improved
Self-
Confidence**



**Improved
Relationships**



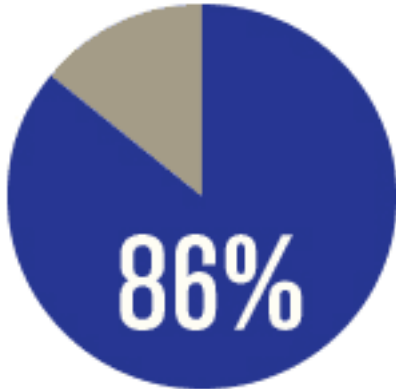
**Improved
Communication
Skills**



**Improved
Life/Work
Balance**

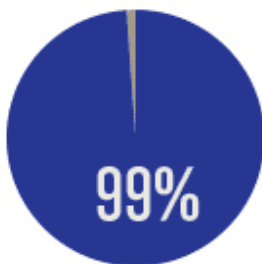
Return on Investment

Coaching generates learning and clarity for forward action with a commitment to measurable outcomes. The vast majority of companies (86%) say they at least made their investment back.

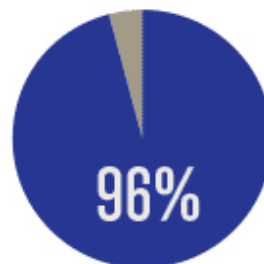


Satisfied Clients

Virtually all companies and individuals who hire a coach are satisfied.



**“Somewhat”
or “Very
Satisfied”
with overall
experience**



**Would repeat
the process**

More information on benefits of coaching can be found in the [ICF Research Portal](#), including case studies and industry reports.

Source: ICF Global Coaching Client Study, commissioned by the ICF and conducted independently by PricewaterhouseCoopers.

<https://www.coachfederation.org/need/landing.cfm?ItemNumber=747&navItemNumber=565>