

Need a Career Coach? 10 Ways a Career Coach Can Help You

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The word coaching is synonymous with sports teams. A coach can help athletes to develop the mindset to achieve, to set and achieve goals that to many people seem insurmountable, but with focus and clarity, can be met or exceeded. They can help a sports person to reach their full potential by planning structured training programmes, providing feedback on performance, and helping them to become more effective.

However, coaching has become more prevalent in other areas. Life coaching has developed significantly over the last few years, with many coaches specialising in niche areas such as health, financial and career coaching to name a few.

To concentrate on the rising demand for employing a career coach, why should you choose a coach to help you to progress in your career?

A career coach will help you in many ways. Like in the description of a sports coach above, they will help you to develop and reach your potential, be successful and achieve results. A career coach will normally work with you on a one-to-one basis and will often offer group workshops, teleseminars and e-books to support you to progress in your career.

A career coach can help you in the following areas:

Career exploration and discovery

You may be unhappy or dissatisfied in your job and feel that there is something else out there, but are not sure what it is. A career coach can help you to discover what is important to you in your job and make sure that it uses your talents, skills, and strengths, and provides you with the reward you deserve.

Understand your strengths and weaknesses

A career coach will help you to develop an insight into your strengths and weaknesses. This will allow you to understand yourself better and support any decisions you make in your career. It will highlight areas you may not have considered before and you can address any weaknesses that may be holding you back or use them to your advantage.

Develop your career vision and design your career

A career coach can help you to structure a plan to progress your career. By helping you to understand your skills and abilities, they can help you to plan your ideal job and how you are going to get there.

Develop confidence in your own ability

You may have a plan for your future, but you may be consciously or subconsciously holding yourself back. A career coach can help you to develop greater confidence in your ability as well as providing you with the support and motivation to help you to achieve your goal.

Provide job search support

A career coach can help you during all stages of your job search. From helping you to develop your CV, to finding the ideal job and then succeeding at the interview, a career coach will support you every step of the way.

Help you to get ready for promotion

You don't need to want to change your career to benefit from employing a career coach. They can help you to get ready for promotion, plan for the next step in your career, and support you to develop your talents.

Support you in the workplace

If you are unhappy at work, there may be many reasons why this may be so. A career coach can also help you to deal with difficult situations or people and become more assertive. You can increase your profile at work, build better relationships and improve your own personal effectiveness.

Make sure that your goals are congruent with other parts of your life

A career does not exist on its own and is part of your overall life. It is important that a career coach makes sure that your career goals fit in well with other parts of your life. For example, if work/life balance is essential for you, they will ensure that you consider this when planning or progressing your career.

Provide you with greater self awareness

Some career coaches will use psychometric tests or other techniques that will help you to develop a greater self awareness of yourself. A greater self awareness will help you to understand yourself better, build stronger relationships, and communicate more effectively.

Support you every step of the way

Like other coaches, career coaches will support you every step of the way.

Their role is to:

- Challenge you and ensure that you commit to making the changes you desire.
- Hold you accountable to the actions you want to take. You will need to report on your results, which means that as well as being accountable to yourself, you need to demonstrate what you have achieved to your coach.
- Question you and challenge your ideas and thoughts.
- Listen to you without any agenda for themselves, which gives you a chance to come up with your own solutions which are right for you.
- Celebrate your successes and recognise when you have overcome difficulties or challenges.
- Keep you motivated even when the going gets tough!

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