

# BENEFITS OF COACHING

## How Can Coaching Help Me?

Coaching is a goal-focused self development activity that is 100% targeted at helping to you to achieve your potential. During your initial consultation we will discuss why you are considering coaching, what you would like to achieve, and whether coaching can help. People seek coaching to help with a wide variety of issues, here are just some of the areas in which coaching can help.

### Life

- Provide support and motivation to help you find solutions to the issues, dilemmas, questions and problems you are facing.
- Target specific problem areas such as confidence, assertiveness, decision-making, and motivation.
- Develop time and stress management skills and help you to achieve a better work-life balance.

### Work

- Enhance your career advancement through clear ideas of career progression opportunities.
- Increase your job satisfaction through enhanced performance and tackling concerns and problems.
- Provide focused learning opportunities, designed around you, to meet your specific needs.

### Health

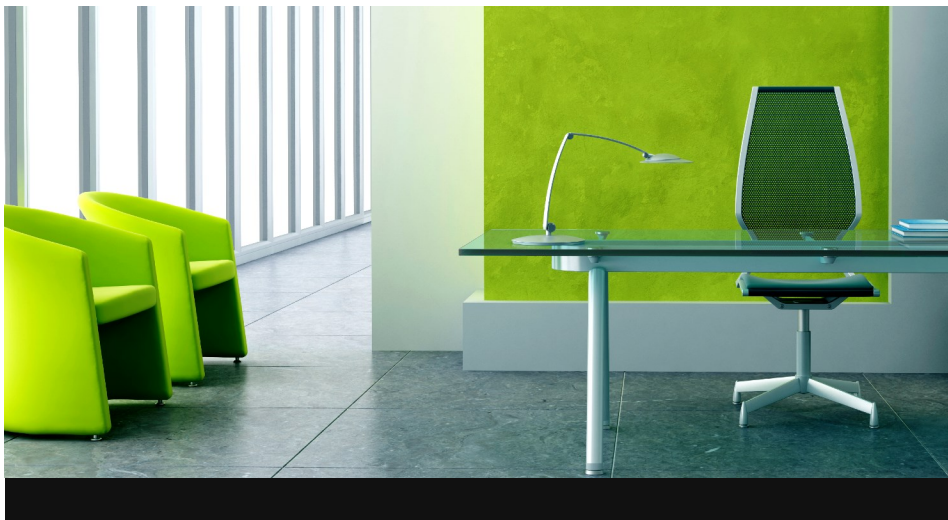
- Develop new thinking and strategies to ensure motivation to meet your health and fitness goals.
- Finding positive approaches to kicking unhealthy habits that work for you.

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*“I had reached a cross-roads in my life and coaching provided me with the dedicated space and time to find clarity and move forward to achieve the life I’d always wanted...”*

*- A previous client*

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## Contact Us

For an initial, free and no obligation consultation.

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