



Clarity

Clarity: Around problems, purposes, passions and opportunities

The first aspect of individual coaching is about helping you obtain clarity.

Individual coaching:

- affords you the opportunity to consider the challenges and/or opportunities you're facing, ascertaining the ones that need your attention.
- addresses and keeps the current situation in the perspective of a longer-range view and vision.

Coaching creates:

- an opportunity to see your situation through a new lens. Sometimes simply gaining a new perspective can open up new opportunities.
- breakthrough ideas for life-giving responses.

Benefits you might receive from coaching could include clarity on such things as:

- Vision
- Values
- Goals
- Next steps
- Mind sets
- Priorities
- Time wasters
- Energy givers
- Motivators
- Resources needed
- Support systems required

The clarity component of coaching asks questions such as:

- What is derailing you?
- How might you be contributing to a challenge (without even realizing it)?
- Who are the key players in a circumstance and who they are not?
- What environments are exacerbating the issue and which ones are promoting life?
- What motivates, spurs you on or supports you in your life?
- Where do you *really* want to go, in consideration of your own vision and values?