

What is coaching?

Highly renowned companies have realised coaching is an effective tool to advance their business and achieve their goals. Major corporations from a variety of business sectors have turned to coaching to improve their businesses, including IBM, Nike, Verizon and Coca-Cola Enterprises.

Professional coaching explicitly targets maximising potential. At the heart of coaching is a creative and thought-provoking process that supports individuals to confidently pursue new ideas and alternative solutions with greater resilience. But coaching is so much more than that to people who have experienced it. For many it's a life changing experience that dramatically improves their outlook on work and life while improving their leadership skills. It helps people tap into unknown potential unlocking sources of creativity and productiveness. Even in the face of growing complexity and uncertainty which is common in many workplaces today that are struggling with the war for talent.

The International Coaching Federation is a global body representing over 20,000 professional coaches in from a range of backgrounds.

How do I find an ICF member coach?



Directory for coaches in Qld

icfaustralasia.com/branch/qld



Need coaching?

How coaching can benefit you & your business



Australasia
Queensland

International Coach Federation

In today's fast-paced world, growing numbers of businesses, organisations and individuals are turning to professional coaching to increase their effectiveness, build relationships and reach their goals.

The ICF is the support network for these professional coaches. It leads the global community in advancing the profession. ICF helps serve the flourishing of humanity by using coaching's creative and thought-provoking process to maximise professional and personal potential.

"Professional coaching forced me to set aside time to reflect on where I am now and where I want to be. It has made me more self-aware and conscious of what my strengths are and how I can best use them to bring about positive change in my life, both professionally and personally. It has equipped me with strategies which will hopefully help me to make the change."

Samantha Cowley, Management Committee Secretary, Nundah Activity Centre

"Before I started being coached I thought I knew myself pretty well. Having a coach that could help me to understand why I was not realising my potential was a liberating experience. It also gave me great insight into what I am capable of achieving when the 'real me' is in charge of my decisions."

Mark Fenton, Non Executive Director, UQ International House Foundation; State Councillor, The Queensland Alliance; Non Executive Director, Common Ground Queensland; Chief Financial Officer - Village Retirement Group

Coaching benefits:

The benefits of coaching include increased productivity and work performance, improved business management, improved time management, better team effectiveness, increased self-confidence, better relationships, and more effective communication.

Here are what other business leaders are saying about professional coaching.

Testimonials



"I'm grateful for ICF Australia Queensland branch for the opportunity to participate in the Rapid Rendezvous event. It opened my eyes to understand myself better and to think outside of the box. The coaching experience helped in all areas of my life. My coach was very professional, dedicated and generous."

Maria Fenelon, Board Member, Dress For Success, Brisbane

"My coach asked the right questions from the start to help me get to the root of my work issues, quickly, efficiently and clearly. He helped me understand where my strengths lay and how to use them most effectively. When I went to the discussion table at work, I'd already defined the problem and come up with a possible solution, and so we could all move on successfully from there. Thank you very much for your support and expertise, - it made all the difference!"

Sharon Phillips, General Manager, Queensland Writers Centre



Benefits of working with an ICF coach:

- ICF coaches are highly trained and committed to professionalism. Many are very experienced and adhere to a strict ethical standard.
- ICF credentialed coaches have fulfilled coach-specific training, achieved a designated number of experience hours, and have been coached by a mentor coach.
- ICF's rapid expansion indicates worldwide recognition of the value of ICF credentialed coaches.
- According to the *ICF Global Consumer Awareness Study*, clients were more likely to be satisfied with their coaching experience, as well as recommending coaching to others, when they worked with an ICF credentialed coach.

