



Design Coaching

What is a coach?

"A Coach is...

- ✓ Your partner in achieving personal and professional goals;
- ✓ Your champion during a turnaround;
- ✓ Your trainer in communication and life skills;
- ✓ Your sounding board when making choices;
- ✓ Your motivator when strong actions called for;
- ✓ Your unconditional support when you take a hit;
- ✓ Your mentor in personal development;
- ✓ Your co-design when developing an extraordinary project;
- ✓ Your beacon during stormy times;
- ✓ Your wake-up call if you don't hear your own, and most importantly;
- ✓ Your coach is your partner in living the life you know you're ready for, personally and professionally."



Source: Thomas Leonard, founder of CoachU. All Rights Reserved.