

Coaching for Success

LifeForward

Coaching SINGAPORE

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Coaching for Success

Overview

At LifeForward we bring a coaching mindset to everything we do.

Our passion is to enable clients to achieve their goals through, motivation, clarity of purpose and a clear direction.

We believe mental and physical health go hand in hand

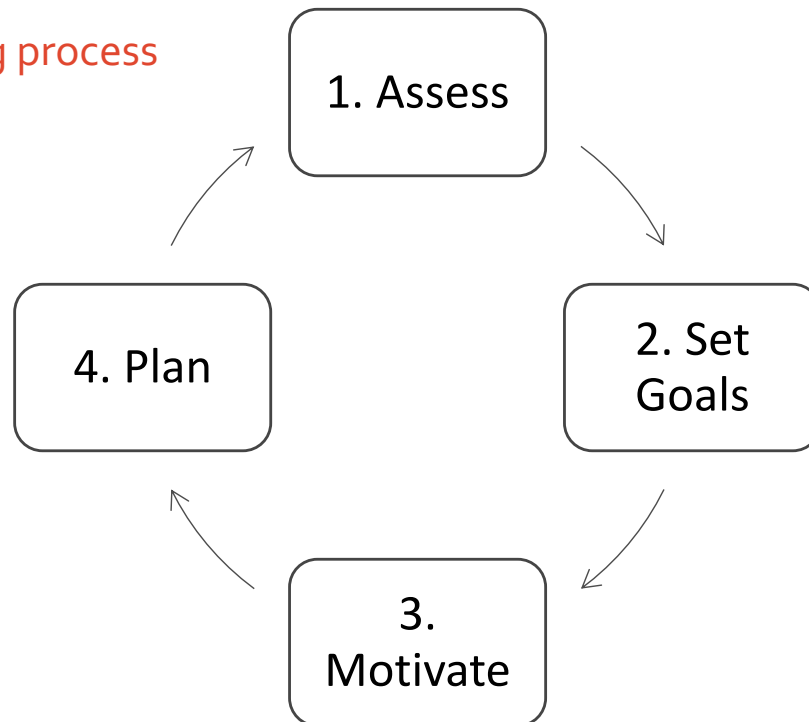
Working with a coach improves mental attitude and self-awareness, making goals achievable. Physical health improves our ability to motivate ourselves and stay focused.

We bring an unconditional positive regard to our client relationships

Unconditional, because we are not limited by prior knowledge or experience with a person. With positive regard for each client, we bring a mutual respect and a belief in our client's potential to achieve .

Coaching for Success

The coaching process



1. We assess the current situation: **“Where are you now?”**
2. We need to identify and set goals: **“Where to you see yourself in 5 years time?”**
3. We need to overcome mental barriers to create a motivated “can do” attitude: **“What do you need to do (differently)?”**
4. We agree a step-by-step plan to build momentum towards goals: **“What will you do right now?”**

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About Us

At LifeForward we provide personal, business and executive coaching to meet the needs of our clients, their family and their businesses.

Drawing on our extensive business, coaching and facilitation experience, we provide clients with unique coaching opportunities to build foundations, gain clarity and set goals, develop inter-personal relationships and create a more dynamic, motivated approach to life and work.

We work with Insights Discovery®, a personal profiling tool, as a foundation for building the emotional competencies that are required for strong leadership, and we draw on experts such as Daniel Goleman, Stephen Covey, Patrick Lencioni and others to bring commercial awareness and practical application to business challenges.

Contact Us

Come and talk to us about how we can help.



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Appendix

Why Coaching Works

An Illustration

Why coaching works

The Penrose Triangle illustrates the power of coaching

The **Penrose Triangle** is an impossible object that can exist only in perspective drawings, but not in a solid three-dimensional form.



What does this have to do with coaching?

One of the primary objectives in coaching is to help the coachee see a problem from a different perspective in order to help them unstick themselves and move towards their goals.

First - we listen

Coaches are trained to listen - actively and attentively. Active listening requires 100% of attention on the person speaking. And it is the power of that attention – someone totally focused on listening to the speaker – that is the first important factor in a coaching conversation.

Then - we question

Coaches have a full repertoire of powerful questions that are used to open the mind to see things from a different perspective. Those questions will help the coachee change perspective and see a situation differently in order to find a way to move forward. Hence initial coaching powerful questions are:

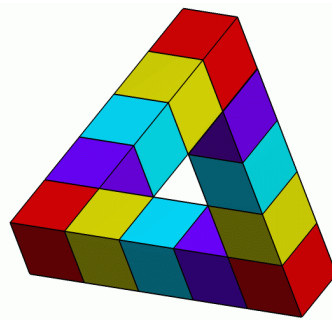
*Where are you now?
Where do you want to get to?
What's stopping you?
What do you need to do (differently) to get there?*

Surprisingly, even the first of these questions is powerful since its often hard to give a truly honest, in-depth and realistic assessment of oneself; it is often an emotive question.

“Insanity is doing the same thing over and over again and expecting a different result.”
(Albert Einstein)

When we think we are in an impossible situation or cannot find a solution, it's often because we always look at it from the same angle, reacting in the same way. This inevitably gives rise to the same results or conclusion every time.

Here is a second illustration of Sir Roger Penrose's triangle. The three-dimensional shape which, seen from a certain perspective, is still the Penrose Triangle.



This is how coaching works. Seen from one perspective (The Penrose Triangle perspective) there is an impossibility – perhaps a problem or situation that seems impossible to resolve. It's a vicious circle (or in this case a triangle) that keeps repeating itself.

Coaching changes perspectives

The illustration above, clearly shows how moving to a different position or perspective changes not only how we see the problem, but also that it is no longer even the same problem. It's no longer an impossible triangle, but a problem that has a clear start and end point and therefore *can* be resolved.

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