

Discover: Coaching!



Working Definitions of Coaching

"Coaches are change experts who help leaders take responsibility and act to maximize their own potential."

"Coaching is like having a personal trainer for every area of your life."

"Coaching is unlocking a person's potential to maximize their growth."

John Whitmore, in *Coaching for Performance*

"Coaching is the art and practice of guiding a person or group from where they are toward the greater competence and fulfillment that they desire."

Gary Collins, in *Christian Coaching*

"Coaching is practicing the disciplines of believing in people in order to empower them to change."

Tony Stoltzfus, in *Leadership Coaching*

"Mentoring is imparting to you what God has given me; coaching is drawing out of you what God has put in you."

Dale Stoll

"Coaching is helping people grow without telling them what to do."

"Coaching is effective self-expression in the coach/client relationship so that you catalyze your clients' manifestation of their own desired outcomes."

Patrick Williams

"[Coaching is] helping people discover what they could not discover on their own, so they can become what they want to become."

Aubrey Malphurs, in *Maximizing Your Effectiveness*

"Coaching... is helping [people] to learn rather than teaching them."

John Whitmore, in *Coaching for Performance*