

Why would anyone use a Coach?



In these difficult and ever changing times, the need for flexible careers has never been greater. This greater pace of change has uncovered a gap between how we have managed in the past with what we need to do to prosper in new environments.

The old ways of working no longer bring about the fast results in our complicated lives.

The constant supply of ever changing information and priority can be really confusing and stressful. A Coach will see the bigger picture and offer clarity in the minutiae of detail, allowing you time to develop your ideas and self belief before taking it to a wider audience.

Coaching meets your own specific needs and we all know that being accountable to someone else increases the likelihood of success. Encouraging people to find their self belief and then grow it into confidence and self respect is what a Coach does best.

Finding motivation is sometimes very difficult when you are working on your own. There is no one to challenge you, – after all friends and family will not want to upset or de-motivate you.

What you can expect from your Chameleon Coach

Chameleon Associates offers a professional, qualified and proven record of making a real difference to clients' lives. Rather than put meaningless testimonials from individuals, we are happy to arrange for you to contact clients who have first hand experience of the work that we do. After all, choosing the right Coach for you is a very personal thing.

What makes us different is that if we feel we are not the best people to support you through change then we will tell you and refer you to someone who really can help.

Out of choice, we keep the Coaching side of the business small, select and quite private.

We welcome any queries that you may have. The only stupid question is the one that remains unasked! So what would you like to ask us now?

How do we Coach you?

Our work is focused on your outcomes and how you can influence your own future. Where we can really help is by giving you honest, professional feedback. We will not tell you what to do but we will honour your expertise and experience.

Questions are the answer. We assist you to distinguish between your needs and wants, clarify your goals, lay out your options and then support you by establishing priorities. We put the power of many brains to work for you.

Coaching encourages action as it is all too easy to get distracted, lose momentum and end up procrastinating and avoiding the things we don't like.

By creating detailed action plans, making a public commitment and being accountable to someone else, you can use the precise feedback from each coaching session to energise and drive you towards the change that you want.

What commitment do we expect from you?

You only ever commit to one session and have complete control over the number of coaching sessions you receive.

We expect you to be punctual and give adequate warning of cancellations. We also expect you to be open to change.



Contact us to arrange your first session!

Chameleon Associates

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