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THE LEADING APPROACH

This month: Featured articles

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Welcome

Welcome to The Leading Approach, published by 1LEAD. I would like to welcome you to what I hope will help in adding value to you and your organization. I will be publishing one issue each month. This publication is dedicated to helping provide growth in your personal and professional life. This month I will focus on the Transformation trip to the Dominican Republic. If you are interested in more from 1LEAD please visit the website: 1LeadConsulting.com.

Thank You

Jason W. Matt

Coaching, Business Professional Coaching, and so on in today's modern business world, coaching is often used as a disguised way for your boss to tell you what you need to do. How often have you sat across from the person in charge and he or she says, "I going to coach you". They then proceed to tell you is what you are doing wrong or that you need to do this. The truth is that this is not coaching. It is just your boss telling you to change. True COACHING involves a safe place to openly discuss, and guided questions asked by a trained coach.



Coaching has become so popular today that everyone on the earth seems to call themselves a coach. You have a fitness coach, a lifestyle coach, and of course a tennis coach. There are some amazing individuals that provide excellent guidance for becoming better but, they are not truly coaching. The International Coaching Federation defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. So how often are your thoughts provoked when your health coach tells you to do push-ups or eat potassium-rich bananas after a hard workout. This is directing, or what we all think of when we remember the coach from the basketball team. They use their experience and training to make you better. But professional coaching you are guided to the answers you seek. You get your thoughts challenged. You are faced with hard questions that you may not want to ask yourself. Professional Coaching forces one to face the world and move in a direction that is best for them, not necessarily best for someone else. This is where you the client will put in the hard work to discover a better you and hold you accountable for growth to succeed past your own limitations.

Don't let the word coach confuse you. There is nothing wrong with the other style of coaches. Many people need these individuals to find ways to improve, become healthy, improve their backhand, or speak. These people are sought by you to help. So do not be fooled when the boss tells you they what to coach you.



I will discuss the ICF defined coaching, so not to attack or offend other coaches
Coaching is studied and has data to show the power it brings to individuals and organizations. The use of professional coaches by top executives continues because of this power. Here are just a few stats that show how coaching has helped.

- Individuals become more self-reliant.
- Individuals gain increase job and life satisfaction.
- Organizations have an increase in employee engagement.
- Increase communication for individuals and organizations.

The best example of the power of coaching comes from The University of Sydney, Dr. O'Connor and Cavanagh report the following. "The coaching intervention was effective in increasing individual levels of wellbeing, transformational leadership and goal attainment for those coached". This study along with other studies being performed in top Psychology departs have helped to bring professional coaching into the business world and have shown how truly powerful a tool it is.



Coaching is a powerful tool for growth, motivation, increased ability, and increased understanding. The real power of coaching is in its use of powerful questions to guide you to that next level. There are many professional coaches that exist, and many can help guide you to the better you. However, there are several that can be a hindrance to your growth. The following are some steps to help you select a professional coach for you.

SELECTING A PROFESSIONAL COACH

1. Professional Coaches have the training, they have been trained. Different organizations can provide the training, and some are better than others, but a good professional coach will be able to tell you able who provided their training. Personal I have been trained by The Maxwell Leadership Team, with a set process to best serves the client.
2. They function with a code of ethics. A good coach will not share your information or your name with anyone. They are here to serve you. Now they are not held to privacy restrictions like a doctor, they value your personal journey to become better and will not share your personal information. They will however if you are at risk of endangering yourself or others. They will always share a guide of how they serve you at the start of any interaction.
3. They seek to best serve the client. Coaching is about providing the client with the best path forward. It is not a guarantee. The client has to put in the work to grow.
4. They listen, Coaches are active listeners they find the clues in what your say to help provide the right questions to ask to guide you on your journey. Each session is maybe different, but it is always about finding a forward path.
5. They are not councilors or psychologists. They may be trained, or have these certifications, but when working as coaches, they focus on the client's future steps.
6. Finally, they are there to serve the client. If they or you ever feel that the coaching is not working. it should be stopped. Now that does not mean you should know in one meeting, but after a few sessions, you should be able to determine if this coach is for you.

LIVE2LEAD

Live2Lead

Coming to the Central Illinois on October 28th, 2022.

Live2Lead is an annual leadership gathering developed by The John Maxwell Company. Live2Lead has shared leadership and personal growth principles with a live audience and over 300 simulcast locations worldwide for six years.

Attendees learn from renowned leadership experts in various industries, gain new perspectives on relevant topics, and leave prepared with practical tools to maximize their leadership abilities and trajectories. We guarantee that our attendees leave equipped and excited to lead and create change with renewed passion and drive.

This year, on October 28th, 1LEAD will host ambitious leaders and teams from in and around Central Illinois in industries ranging from healthcare, education, real estate, restaurants, and franchises, to law firms, hotels/hospitality, financial services, and more.

This event is being brought to the Central Illinois area this year by 1LEAD. We are honored to bring the event in person to the area. with a focus on leadership and personal growth

Past speakers of Live2Lead include Simon Sinek, Dave Ramsey, Cheryl Bachelder, Warrick Dunn, Linda KaplanThaler, Dan Cathy, Patrick Lencioni, Liz Wiseman, Ed Mylett, Joel Mamby, and Valorie Burton.

Check out our sponsorship packages below, and put your brand in front of leaders determined to grow their business and influence.

To learn more about Live2Lead, contact me at [1LEADConsulting .com](http://1LEADConsulting.com).



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The Leading Approach

Quote of the Month: by John Whitemore

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



Contact 1LEAD

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"Adding Value to people of Value"