

The Top 10 Outcomes of EQ Coaching

Because I am a Career and Performance Improvement coach, clients often ask me what benefits and outcomes can they personally expect as an outcome of participating in an EQ Matters© Coaching program.

To seek answers to this question I posed myself this question. "If all benefits and outcomes discovered by participants and myself were placed out in front of me, what would be the top ten I would choose"? These are my selections.

1. Nobody is coming to my rescue.

I am solely responsible for my personal and career life. I am also free to choose who will share parts of that life with me.

2. Leadership of others starts with self-knowledge and self-leadership.

How can I be expected to know and lead others if I do not know myself?

3. Negative self-talk develops negative habit patterns.

Learn to recognize negative self-talk and eliminate it, together with negative criticism of other people in work and home environments.

4. Self-awareness and self-management are fundamental steps towards developing work/life goals.

Effective decision making at work and at home is based upon these EQ skills.

5. Written down goals are the guideposts of life.

Work/life goals are only wishes if not in writing and time dated.

6. Every success in life comes with a time price tag.

Be prepared to invest the time and space to achieve your goals. Be aware of being in a comfortable zone, for you are only growing when you take the first step outside that zone.

7. Nobody does it alone.

Be a "giver" not a "taker." EQ social awareness states we all need the help of others in order to achieve success. Therefore, encourage and assist others to achieve what they want, before achieving what you want. The people you help may just help you in return.

8. Continually appreciate the people who help you.

Frequently saying "thank you" applies equally at work and at home.

9. Communication skills start with me.

If I am to effectively communicate with others at work and home, I must first learn to communicate in a positive effective manner with myself. When with others I should demonstrate genuine empathy and listening skills; seeking first to understand, before being understood.

10. Continually add value to yourself.

Never cease learning new skills that can help you achieve your goals. Life long learning is a reality.

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**To enroll in EQ Matters Coaching or EQ Matters Foundation Course
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EQ Matters- Coaching Program