

MODULE 1: LESSON 1

WHAT IS COACHING?

Welcome to Module 1, Lesson 1, where we will delve into the fundamentals of coaching. In its simplest definition, coaching is a collaborative conversation or interaction between two or more people where at least one individual benefits from the conversation or collaboration. The goal of coaching is to help individuals become the best versions of themselves, and this lesson aims to equip you with the tools to achieve this goal.

While most of us are familiar with coaching in the context of sports, it's essential to understand that the coach's role is not to be a better player but to bring out the best in the team. Similarly, this course is not about making you a better person, but about how you can make your team, family members, and friends the best versions of themselves.

As Einstein famously said, we can't solve problems with the same thought patterns that created them. In this course, we will teach you strategies, techniques, and processes to help you shift your team's mindset, behaviors, and decision-making processes. Our goal is to help you create new and positive default behaviors that lead to better health and safety outcomes.

It's important to note that coaching is not mentoring, where the goal is to replicate the mentor's skills and abilities. Instead, coaching is about identifying an individual's unique skills, capabilities, talents, and gifts and helping them enhance these attributes. Coaching is not about forcing your way onto someone but rather empowering them to become a better version of themselves.

Lastly, coaching is not therapy, which deals with emotional wellness, addictions, and extreme emotional trauma. Instead, coaching focuses on the outcome, growth, and development individuals seek, and how we can help them achieve these goals. By taking someone with a pre-existing ability and enhancing it, just like a sports coach, we can help individuals achieve the top of their game.

In this course, we aim to teach you how to become an influencer in the real world, bringing out the best in people around you through your presence, communication, and questioning skills. We are experts in making people better versions of themselves and will share our knowledge and techniques to help you achieve this goal in the health and wellness arena.

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