



Power Up
Your
Business.



POWERPODS[®]





POWERPODS[®] Tools

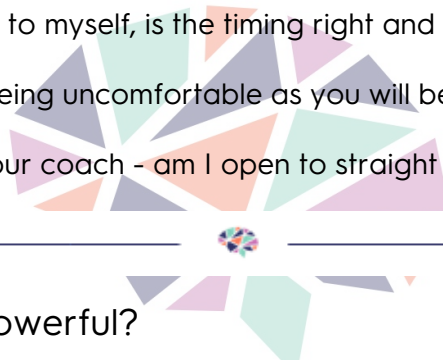
Choosing Coaching













Exploring coaching potential for yourself

Is coaching for me and how coachable am I?










-  Growth mindset vs fixed mindset.
-  Am I prepared to commit to myself, is the timing right and can I put in the work?
-  Being comfortable with being uncomfortable as you will be stretched.
-  As your relationship to your coach - am I open to straight talk?

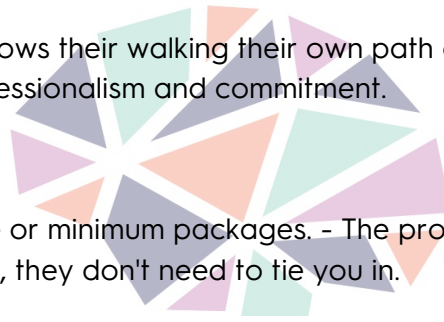


When is coaching most powerful?

-  Decision making, no more noodling
-  Ad-hoc impasse conversations
-  Strategic planning & direction
-  Goal setting and pursuit
-  Getting unstuck, problem solving and conflict resolution
-  Growing & maintaining confidence
-  Reducing stress and anxiety
-  Developing resiliency
-  Increasing motivation & engagement
-  Developing skills - leadership, communication, interpersonal & business skills.

Choosing a coach – *Go for exceptional.*

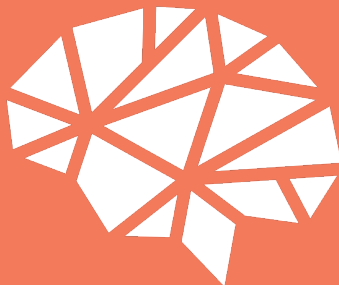
-  Accredited by a governing coaching body like ICF - Ensures a dependable level of competency and adherence to a Code of Ethics.
-  Preferably additional certifications such as third-party assessment tools ideal for learning about self and for skill development.
-  Evidence-based coaching - in other words, measurability of ROI.
-  A solid reputation with a commitment to lifelong learning so they maintain cutting-edge keeping current in their profession and bringing long-term value to you and your business.
-  A great fit for you with aligned values and strong rapport.
-  Trustworthy and reliable.
-  Ideally incorporated it shows their walking their own path of entrepreneurship with a dependable level of professionalism and commitment.
-  Organized & structured.
-  No contracts, sign-on fee or minimum packages. - The proof is in the pudding and for a seasoned business coach, they don't need to tie you in.



Affordability

1. Cost can vary greatly from \$100 - \$500 p/h and more.
2. Beware that the higher the cost does not guarantee the better the outcome. Do your research and negotiate.
3. Business coaching is 100% tax-deductible.
4. Government funding is available often paying up to 60% of the cost. Your business coach should be able to help you with this.





care@powerpods.coach

www.powerpods.coach