

# My Coaching Philosophy

My goal as your coach is simple. It's to partner with you and help make the best "you" you can be by identifying and highlighting the skills you have within, while giving you the tools to achieve both your personal and professional goals.

As a member of both the **International Coaching Federation** and the **Australian Institute of Professional Coaches**, my approach is to guide you through a thought provoking and creative process to maximise your potential as a leader. I do this by:

- Creating a partnership built around respect and trust, which enables me to support and encourage you through the coaching process. This includes developing and maintaining an effective coaching plan
- Actively listen to what you're saying and developing an understanding of what is driving your thoughts, dreams, and behaviours
- Asking questions that showcase your strengths and weaknesses, and how we can use these to develop opportunities for growth and improvement
- Motivating and guiding you to take charge of your own future, and to adopt new actions that will lead to agreed-upon results
- Understanding and applying coaching ethics and standards and using them at all times during the coaching process.

We all have goals, and my job as your coach is to help you identify and highlight these goals and guide you towards them. As you move towards your goals I will get to know who you are, help you identify your opportunities, encourage you to remove the obstacles that stand in your way, and give you the tools to shape your future so you can be the best "you" you can possibly be.

Barry Keohane

LEADER | FACILITATOR | COACH

[www.barrykeohane.com](http://www.barrykeohane.com)