

COACHING STATISTICS

Build a Commitment-Based Action-Oriented Organization Through Coaching

The International Coach Federation surveyed **210 coaching clients** for demographic data and feedback /opinions about the value and use of coaching. Of these respondents, 197 were employed professionals. All had a formal, on-going relationship with a coach with an average duration of 9 months. Over 80% of the respondents had undergraduate degrees and over a third had Master's degrees or higher.

Value of the coaching investment: 70% "very valuable" 28.5% "valuable"

Level of confidence in the coach: 50% confide in their coach as much as their best friend, spouse or therapist, 12% confide in their coach more than anyone else.

Main role of the coach:

- 84.8 % sounding board
- 78.1% motivator
- 56.7% friend
- 50.5% mentor
- 46.7% business consultant
- 41% teacher

Typical issues:

- 84.5 % time management
- 74.3% career guidance
- 73.8% business advice
- 58.6% relationship / family issues
- 51.9% physical / wellness issues
- 45.2% personal issues
- 39.5% goal-setting
- 38.1% financial guidance
- 11% creativity

"The BusinessCoach.com Leadership and Coaching Program was developed due to our commitment to developing extraordinary leaders and their teams. We know that an organization with executives and managers who use coaching as a means for developing their employees will see significant bottom-line results."

BusinessCoach.com offers a 100% Money-Back Guarantee.

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Outcomes attributed to coaching:

- 67.6% higher level of self-awareness
- 62.4% smarter goal-setting
- 60.5% more balanced life
- 57.1% lower stress levels
- 52.9% self-discovery
- 52.4% more self-confidence
- 43.3% improvement in quality of life
- 39.5% enhanced communication skills
- 35.7% project completion
- 33.8% health or fitness improvement
- 33.3% better relationship with staff
- 33.3% better family relationships
- 31.9% increased energy
- 31.9% more fun
- 25.7% more income
- 25.7% stopped a bad habit
- 24.3% change in career
- 22.9% more free time

The survey was conducted by Amy Watson, Principal, PROFusion Public Relations, with survey design assistance by Jackie Rieves Watson, Ph.D., professor of Management and Statistics, Amber University.

An organization operating with a new master paradigm, the Re-Invention Paradigm, by contrast, develops an organizational context that operates from practices designed to invent and commit, the practices necessary to operate in a mode of transformation, declaring the future rather than predicting it, taking a stand rather than generating consensus, making bold promises that you don't know how to keep.
From The Last Word of Power by Tracy Gross

**100%
Guaranteed!
Nothing to
lose and
Everything to
gain.**

"Thanks for developing and sharing such a powerful program. The proven methodologies you present are taking my coaching to a new level. "

Clifford Jones

"The training I received from Business Coach. Com was extraordinary. BusinessCoach.com is a world class organization that cares about people first and foremost."

Barb Huish