



Models for Coaching

Choosing a coaching model that works for young entrepreneurs

#coaching #development #performance #learning



3WaySwitch

www.threewayswitchlive.com

G.R.O.W. Coaching Model



Sources

- <https://www.makingbusinessmatter.co.uk/grow-model-questions/>
- <https://clevermemo.com/blog/en/grow-coaching-model/>

Whitmore J., Coaching for performance: growing human potential and purpose: the principles and practice of coaching and leadership

C.L.E.A.R. Coaching Model



Source

<https://www.businessballs.com/coaching-and-mentoring/clear-model/>

Why entrepreneurs need coaching

While we think of young entrepreneurs as energetic and proactive go getters, they also need coaching to help them develop and grow. Coaching should be seen as an investment and not a cost.

- Focusing on the here, and now and what is currently important can eliminate the distractions of always looking to the next new possibility or option.
- Coaching helps to identify blind spots and new areas to develop. It can help provide a view of a larger perspective.
- A coach can provide an objective view on problems and issues.
- Coaching helps to save time and money by bringing experience to the discussion to reduce the learning time on development of new processes, and potentially help reduce or avoid mistakes.
- Coaching can make entrepreneurs accountable for the goals they set and help great better value-oriented or smart goals.
- Coaching makes entrepreneurs move out of a comfort zone and creates new challenges.

Source

<https://www.linkedin.com/pulse/10-reasons-why-entrepreneurs-need-coaching-jeannette-koczela/>