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Are You Ready for Executive Coaching?

Executive coaching is a process that helps professionals unlock their potential by helping them gain self-awareness, clarify and achieve their goals and evolve into the best version of themselves. To be clear, executive coaching is NOT therapy. Though I am an experienced therapist, the executive coaching process is different from therapy in that therapy is focused more on healing from past hurts and learning to be different in the present and future, while executive coaching is more about unlocking your potential and helping you get to where you want to be next in your business or career.

Executive coaches work with highly motivated people to take them to the next level in their careers. To see if you're ready to evolve and grow through executive coaching, ask yourself these 10 questions:

1. Is there **something specific** that I want to work on or achieve that can be the focus of my executive coaching, such as being more direct in my communication, being a leader vs. just a manager of people or creating a more impactful media or social media presence?
2. Is coaching an **appropriate approach** to help me accomplish my goals in that area, as opposed to therapy for an emotional issue, such as anxiety, depression, grief or personality disorder?
3. Am I ready to **let go of excuses** and truthfully look inside to see how I'm getting in my own way? In other words, am I able to acknowledge that I'm the common denominator in all of my challenges and work to overcome whatever it is that blocks me?

4. Will I be **open with my coach** about what I think, what my strengths and weaknesses are and what my greatest challenges and fears are that keep me from truly being the best version of myself?
5. Am I willing to work in **active partnership** with my coach, including working together to design goals and action steps to move forward?
6. Will I be able to provide **honest feedback** about how the coaching is going to ensure that I'm getting my money's worth?
7. Am I willing to be **held accountable** for stopping or changing behaviors that are interfering with my progress?
8. Am I willing to **think outside the box** and try approaches to help me achieve my goals, even if they involve things I've never done before or things that seem intimidating?
9. Can I **let my guard down** to accept feedback and then act on it in tangible ways by making time for homework assignments between coaching sessions?
10. Will I be persistent and make **consistent effort** to help me achieve my coaching goals, even if I don't see immediate results, recognizing that the process of personal development and professional evolution is more of a marathon than a sprint?

If you answered yes to these questions, you're in the right place! If you answered no to any of them, please bring these up in your first coaching session. As with anything truly worth doing, personal and professional evolution through executive coaching isn't easy, but it's worth it.

Let's get to it!
- Jennifer