

Coaching with Comskil



What is Coaching?

Coaching is an interactive partnering between a coach and a client. This shows clients how their personal and professional goals are accessible to them. Coaching provides self-discovery through a thought-provoking and creative process. The process helps individuals and organizations improve their performance, relationships, and achieve both professional and personal potential.

Why a Comskil Coach?

Comskil's coaches are trained to listen, to observe and to customize their approach to meet individual client needs and abilities. Coaches tap into a client's skills, resources, and creativity in an individualized and powerful way to help the client define and achieve their goals. The coach's job is to provide support and guidance that allows the client to realize their full potential, using the skills and resources that the client already has.

How Does it Work?

Your Comskil coach will begin your initial coaching session by helping you to understand and further define your goals. The coach will work with you to discover how you got to where you are in life, in work, and in mindset.

Next, your Comskil coach will work with you through interplay of powerful and targeted conversations, honest self-observations, understanding and expanding your self-awareness, and implementing new behaviors and practices in your daily work and life. Comskil provides an honest, confidential, and safe relationship dynamic for clients to begin to understand themselves in a new way.

Comskil coaching sessions are flexible. Coaches and clients typically meet for one-hour sessions every week or every other week for about six months, depending upon your needs. Coaching sessions can be held by phone, in Comskil's office, or your office. Coaching is completely confidential.

Comskil's clients find that each session produces tangible results and has changed their lives, both personally and professionally.

COMSKIL^{INC.}

<http://www.comskil.com>

Comskil Coaching Services



Leadership Coaching

Our coaches work with all levels of staff within an organization (CEOs, directors, senior staff, prospective leaders) to achieve both organizational and individual potential. Comskil's leadership coaching helps those who are already leading and potential leaders gain new skills, ideas, and resources that allow them to move the organization in a positive, successful direction, and to provide this energy and excitement to their team.

Comskil's leadership coaching customers are:

- Corporate officers
- Mid-level managers
- Technical leaders
- Potential leaders
- Entrepreneurs
- Professionals (lawyers, doctors, politicians, etc.)

We can help with the following example leadership challenges:

- Achieving your goals
- Decision making
- Interpersonal skills
- Developing staff talent
- Delegating appropriately
- Stress and time management
- Growing your organization
- Conflict management
- Team and organizational effectiveness

Life Coaching

Comskil's life coaches will work with individuals to transform your life and achieve your personal goals. Coaches and clients collaborate to define your life goals, understand who you are today, and work to improve and change your future. With a coach's support, clients can make transformations as quickly as the first session. With continued weekly or biweekly sessions over six months to a year, you can make radical changes that impact every aspect of your life.

Comskil's life coaching customers are:

- Individuals (male, female, single married, partnered, divorced)
- Adults
- Young adults
- Teenagers
- Children

We can help with the following example life challenges:

- Self-esteem and self-image
- Relationships
- Career change, job loss
- Stress, time management
- Parent-child relationships
- Teenage angst
- Diet, nutrition, exercise
- Improving quality of life
- Self-actualization
- Mood, attitude, regaining hope
- Life transitions

For more information, please contact us at 301-896-0698 or galina@comskil.com