

B.E.S.T. COACHING FOCUS

BELIEFS ~ **E**XPECTATIONS (PERSONAL, TEAM, ORGANIZATION) ~ **S**TRENGTHS & **T**ALENTS

Individuals are more likely to:

- maximize performance;
- achieve short- and long-term career goals; and
- feel more fulfilled

when there is alignment between personal beliefs and values, individual strength and talents and the goals set, either by the individual, the team or the organization. Clarifying each dimension and checking for alignment between the three areas of focus allows the individual to appreciate accomplishments, develop new skills and competencies or make course corrections in goals or behaviors.

B.E.S.T Coaching Focus

