

In the stressful work world, having someone on your side is a boon to your career success. You may have colleagues who are rooting for you and put in good words for you at work. You may have mentors who give you tips and the inside track to new positions coming available. You probably have friends and family members who want what is best for you and tell you what they think that is on a regular basis. But what you may need to truly advance your career is a performance coach.

Personal or professional coaching is a trend that is on the rise all over the country. People are hiring coaches to help them with anything from time management skills to personal crises. But what a coach can do best in any circumstance is help you gain a new perspective. No colleague, mentor, or friend can see you as clearly as a stranger, nor can they be as candid with you. This is only one of the advantages of hiring a performance coach.

It is difficult for most people to truly see their strengths and weaknesses because they are so consumed with their own thoughts and circumstances. When you are too close to an issue, it can be hard to tell the true from the false. In a work situation where you want to be at your best, it is imperative to have an objective evaluation of your performance.

A coach can give you just that. By listening to your habits, goals, and challenges, a coach can help you see what you are doing when you are at your best. You will see what skills you have that carry you forward and learn when to emphasize them. You will see what characteristics make you a good candidate for promotion and how to bring those out when it really counts. And you will begin to see more clearly the direction that your career can and should take according to your own goals and dreams of fulfillment.

So if you are serious about your career advancement, take stock with a performance coach and make an investment in your future that will never cease to give you returns.