

Coaches and Consultants

Lonely at the Top?

Change That with an Executive Coach

Why would someone who has “made it” hire an executive coach? After all, haven’t they done what they set out to accomplish? If they have made it to the top, where else is there to go? The answers are many. Here are a few.

◆ No matter how far we go in life, we always long for something. This is especially true for brilliant, highly successful individuals. By the time we “make it” in one area of our lives, other areas usually have suffered.

◆ Working diligently to get where we want to be and actually being there are dramatically different experiences. Take a newly promoted CEO for example. She knew how to land the job. Now what is her strategy?

◆ After years of stellar performance, the sales director seems to be hitting the wall. The tools he used to achieve success no

longer get results. Who can help move this key performer forward and how?

◆ What about the executive or physician who is bored? It’s not time to retire, yet he longs for new experiences. With whom can he explore his ideas? “It’s lonely at the top” is not only a familiar saying, but the truth.

Hiring an executive coach to confide in and help you think in new directions can be a key to your success.

What is the best way to find an executive coach? Use the tools that got you where you are today — due diligence and your gut.

Talk to people who have worked with an executive coach. Doing this will help you to learn what to expect, what not to expect and how the coaching process may have surprised them. Ask what they would have done differently, what worked for them and what bottom-line results did they get. As with any investment, research

what your return might be.

If an associate had a poor experience, don’t be blinded by it. Coaching would not be one of the fastest growing professions if it didn’t produce great results. Any rapidly growing industry attracts the good guys and the not-so-good guys. This is where your gut comes in. Interview a few prospective executive coaches and listen between the lines.

Be sure that the coach is certified and experienced in the type of coaching that you require. An executive coach is not necessarily the same as a life coach, leadership, relationship or spiritual coach. Each has their own specialty. Know what you want to gain through this partnership.

Read the following articles, which are easily found online:

Fortune Magazine: So You’re a Player, Do You Need a Coach?



**ANN GOLDEN EGLÉ, CPCC,
PCC, Golden Visions
Success Coaching**

Inc. Magazine: The Well-Balanced Life: Got Game?

Fast Company Magazine: The Art of Getting Things Done.

If you have a hunch that an executive coach might help propel you to a higher level of success or fulfillment, look into this investment in yourself today.

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