

Working With an Organizer Coach

Benefits:

You've heard the saying, "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime." An organizer coach takes that idea one step further. In addition to teaching skills, helping create systems and providing resources, we partner with our clients in a thought-provoking process that builds awareness, promotes conscious decision making, and empowers them to be the best version of themselves.

What to Expect:

Expect conversation and questions at various times throughout your sessions in addition to planning, organizing and clutter clearing. An organizer coach is trained to notice a clients strengths and challenges and to explore those with the client as needed to better support and facilitate the change the client is seeking. Remember, the coaching and action plans are only as good as the information you provide.

Important to know:

It's important for clients to have a clear understanding and expectation of the coaching experience. Although teaching, coaching, mentoring, counseling, and therapy share some skills and characteristics, they also have some very important distinctions. The list below provides additional awareness of the differences in each field. An organizer coach will stay focused in the areas of teaching, training, and coaching.

- **Teaching and training** focuses on a skilled and knowledgeable teacher imparting their knowledge to their students.
- **Coaching** focuses on awareness and asking good questions to draw out the answers that the client is believed to hold inside themselves.
- **Mentoring** usually focuses on the future, career development, and broadening an individual's horizons. A mentor is a sponsor with great professional experience in their client's field of work.
- **Counseling** is closer to a therapeutic intervention. It focuses on helping the individual to overcome barriers and issues from their past and move on.
- **Therapy** is working with the client who seeks relief from emotional, psychological, or physical symptoms. Therapy deals with the client's mental health.

