BetterUp

What is coaching?

Coaching is for everyone, but it's not one-size-fits-all. It's an individual journey that results in personal growth and sustainable change — and it starts with working on key areas to boost self-awareness, change behaviors, and unlock your full potential.

COACHING VS. THERAPY VS. MENTORSHIP

Coaching

- Develop self-awareness, set goals, and build mindsets and skills for your personal and professional growth
- Evidence-based approach grounded in positive psychology
- Focuses on the present and future

Therapy

- Manage and reduce symptoms of mental illnesses, treat mental health conditions, and cope with personal and family issues
- Clinical mental health care
- Focuses on the past and healing from it

Mentorship

- Guidance on professional challenges, career advice, and can increase your network and social connections
- Draws on your mentor's career experience
- Focuses on career and professional growth

BENEFITS OF COACHING

Coaching helps you show up as *your best self* — in work and life

+90%	-35%	+149%	+77%	+2x
improvement in stress management	decrease in burnout	increase in resilience	increase in cognitive agility	increase in productivity

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5 WAYS TO PREPARE FOR YOUR COACHING SESSIONS

In your first few sessions, you'll meet your Coach, review results from your assessment to build your custom plan. Ongoing sessions are dedicated time for you and your Coach tailored to your evolving goals, needs, and progress. Ask your Coach anything — they are your guide along your journey.

1 Think about what's on your schedule this week: Big project or meeting? Difficult conversation? Personal obstacles coming up?

2 Revisit your goals: How much progress have you made? What do you want to hit next?

3 Reflect on what's worked well (and what hasn't) since your last session

4 Review any exercises or tools you were given

5 Identify what outcomes you want from your session: What would help you feel more confident for what's ahead?