COACHING: HOW IT WORKS

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Coaching can be observed not only in school between instructors and students, but also in the workplace between the unit head and the staff. It is the process of imparting one’s learning to another with the aim of helping them improve their performance. In this era where lots of competitive young individuals secure a spot in the top management positions, how can one determine if they possess the qualities of being a good coach despite their age?

Being someone who understand his own strengths and weaknesses and treats these weaknesses as opportunities makes the critical part of being a coach. He who understands himself better than anyone and sense how his actions are perceived by others, creates an opportunity that allows their subordinates to voice out their thoughts and ideas. This is because a good coach consistently seeks out ideas among his juniors and allows them to take part in the decisions being made in the institution. This technique also helps boost the ego of the employee thinking that his position plays a vital role in the organization. In doing this, he is able to assure that he understands the point of view of each individual and will be able to express encouragement and optimism to them.

Despite being young, a good coach can deliver the rules and orders with a mindset that his subordinates are his team members and he, being the team leader allows his team members to participate in the work proactively. He expresses encouragement and optimism in the workplace which allows the employees not only to be a good follower, but also a good leader.
Believing that every individual has a hidden answer to their own problems within themselves, helps them recognize their own potential that can influence them to have a profound impact on their professional development, is what it takes to be a good coach.

References:

https://www.skillsyouneed.com/learn/coaching.html