

# You Can Do It.ie

## Vera Toal - My Coaching Philosophy

The core belief of coaching is that every individual already possesses the resources that he/she requires for personal advancement.

The starting point in a coaching process is often that a person has reached a point in their own development at which they require a partner that can support them through a difficult patch. A coach provides a confidential and trusting atmosphere in which the individual can refocus, gain clarity and develop solutions that are in tune with their own values.

If you are open to life-affirming changes, new opportunities or possibly even a new beginning, then contacting YouCanDoIt is the first step.

New insights will enable you - with the help of goal-orientation and value-identification - to develop individually, professionally and to achieve more harmonious interpersonal relationships.

Another core concept of coaching is that you - the client – accept responsibility for your own progress. As a coach, I am convinced that you bring the solutions for the issues that you want to discuss with you – often without you knowing it. Together we will work towards clear goals and discover the solutions that lie dormant.

In a first meeting, which is always free of charge, we will discuss your goals and the likely number of required coaching sessions – usually 4-6. The same approach is used for professional/business or personal/life coaching, when discussing for ex..:

- Career goals
- Life goals
- Conflict Situations
- Competence development needs
- Communication style

For more information, please contact Vera Toal (Dipl.Coach, MBA, MA, Master Trainer) on **087- 948 35 02**, email to [veratoal@youcandoit.ie](mailto:veratoal@youcandoit.ie) or visit [www.youcandoit.ie](http://www.youcandoit.ie).