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6 Signs You Need a Coach

If you often think that it would take two of you to pull off everything you're trying to do in your work and life, you may need a coach.



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IMAGE: Getty Images

If you're a person who is highly engaged, excited about your work and reaching your goals, hopefully that keeps you inspired and on track on a daily basis. But, a number of forces compete with our well-being that can chip away at our motivation over time.

See if any of these symptoms sound familiar: you're overwhelmed, discouraged, exhausted, and you feel disengaged. When you feel your motivation starting to wane, you need to get your groove back, pick yourself up and get back to a place where you feel strong, energized and positive again. The bad news is that this can be a challenge. The good news is that you don't have to do it alone.

This is where executive coaching can be your most invaluable asset.

Executive coaching is a particular type of leadership development, customized and tailored to you, totally focused on your success and achievement. As a coach, it's my job to care as much about your success and achievement as you do. When you have a coach, it almost feels like there are two of you.

If you often think that it would take two of you to pull off everything you're trying to do in your work and life, you may need a coach. Here are five other emotional signs to watch out for:

Overwhelm. If you're feeling lost in your to-do list, unable to focus, and challenged in making a plan of attack on how to get things done, a coach can help you sort priorities and get focused, allowing you to feel more in control.

Discouraged. It can be enormously frustrating to want success and quality of life and somehow not be able to attain it. A coach can help you reconnect to your internal motivation for doing things, and reconnect with the things that you love and want to do. Doing what you want to do will help lift your spirits.

Frenzy. With so much to do, respond to, pay attention to, and think about, you can start to feel buried. The demands are steady, the e-mails keep coming, and you have a thousand places to be. You fly through things as fast as you can just to stay afloat. A coach helps you listen to your quieter voice of inner wisdom that will settle you down.

Sacrifice. When you separate success from quality of life, you face a dilemma. You end up making decisions you don't want to make: to work or stay home, to take a promotion or preserve your sanity, to follow your heart or stick to the security of a so-so job. Coaches help organize your time so you're not missing the vacations and time you need to maintain your mental health.

Mediocrity. When you lose sight of the grander vision of your life and leadership, you end up tinkering in the minutiae instead of increasing your value. You forget about high expectations. You're just shooting for "good enough" and "done." A coach helps you set standards for yourself so you're not just puttering along, looking for the lowest common denominator. A coach helps you raise the bar for yourself in a way that's invigorating.

Dissatisfaction. When you aren't able to pinpoint your contribution and live a life of meaning, your achievements can feel hollow. You might feel disconnected, bored, isolated, unmotivated, stagnant, or burned-out. You might even start to wonder what it's all for.

You may not be able to lift yourself out of the doldrums, but with a coach you can transform your perspective and get back to a place where you're excited about your work and achieving your personal and professional goals.

Joelle K. Jay, Ph. D., is an executive coach specializing in leadership development. She strategizes with business leaders to enhance their performance and maximize business results. Her clients include presidents, vice presidents, and C-level executives in Fortune 500 companies such as Microsoft, Google, and Adobe. She is the author of *The Inner Edge: The 10 Practices of Personal Leadership*. For a free summary, go to www.TheInnerEdge.com or email Info@TheInnerEdge.com.