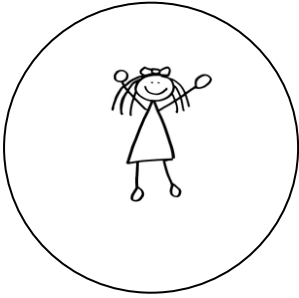
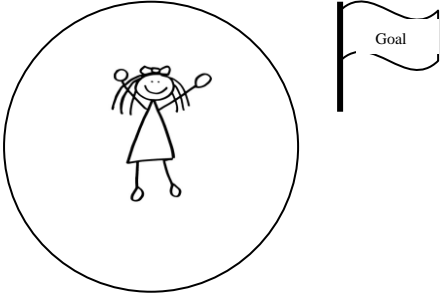
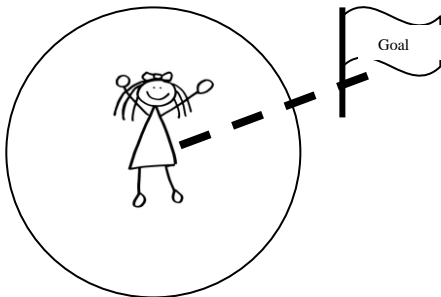
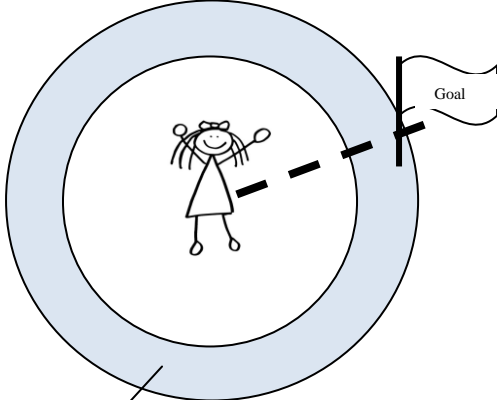


The Coaching Journey: A coaching perspective on the learning journey

	<p>This is you at the centre of your world.</p> <p>A coach is interested in you and your world.</p> <p>A coach is not comparing you or your world to anyone else's, the coach is focusing on you as a unique person</p>
	<p>In coaching, we explore what we want to achieve and set goals for achievement.</p> <p>A coach will encourage you to achieve your full potential.</p> <p>Sometimes, the goal may seem a long way off and at the limits of what we can manage – but sometimes, that is a good thing!</p>
	<p>Coaching is based on the common principle that every journey starts with one step.</p> <p>The coach helps the person identify the first step, and then the next, and the next....</p> <p>This is what creates the learning journey towards achieving the goal. Sometimes the steps might be obvious, or appear obvious at first.</p> <p>Often, as we start the journey, we realise that some steps are more difficult than others</p>
 <div data-bbox="188 1809 783 1854" style="border: 1px solid black; padding: 2px; margin-top: 10px;"> <p>Beyond the comfort zone where powerful learning takes place</p> </div>	<p>We might describe a journey that is straightforward for someone as 'within their comfort zone'.</p> <p>However, the reason why people often struggle to achieve their goals is because it stretches or challenges them, or takes them into 'unknown territory'. This is beyond their comfort zone.</p> <p>A coach supports people to get beyond their comfort zone. However, the most learning and change happens when we get beyond our comfort zone.</p> <p>Sustained change happens when what at first appears outwith our comfort zone becomes comfortable.</p>