

The Science of Effective Workplace Coaching: What the Data Shows

The Measured Impact of Coaching

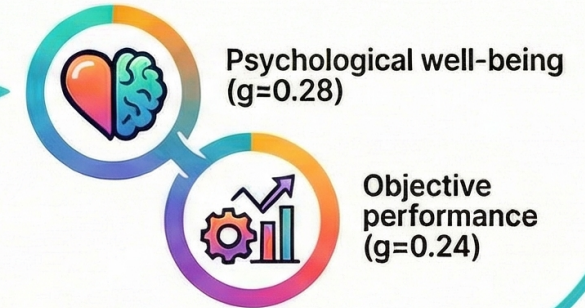
Massive Gains in Goal Attainment



Significant Boost in Self-Efficacy

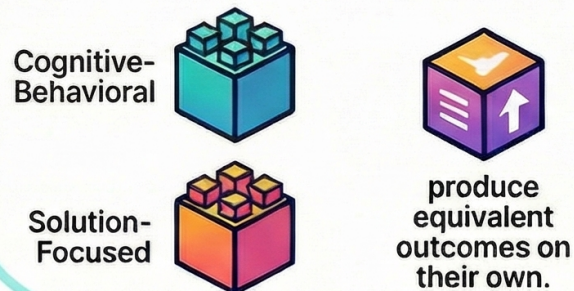


Measurable Gains in Well-being & Performance

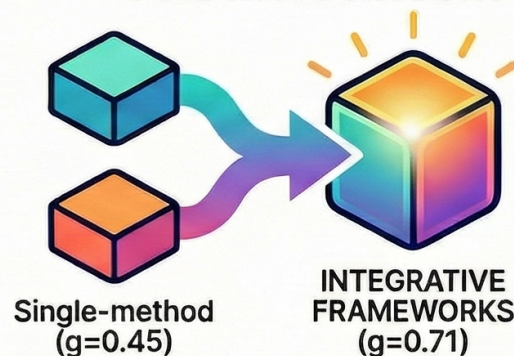


How to Maximize Coaching Effectiveness

Specific Frameworks Show Similar Results



Integrative Coaching is ~58% More Effective



Prioritize Coach Competence and Relational Skills

