
Quotes About Executive Coaching (and life)

🌀 "When people solve a problem themselves, the brain releases a rush of neuro-transmitters like adrenaline. This phenomenon provides a scientific basis for some practices of leadership coaching. Rather than lecturing and providing solutions, effective coaches ask pertinent questions and support their clients in working out solutions on their own." – David Rock and Jeffrey Schwartz... The Neuroscience of Leadership

🌀 "If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life." -- Psychologist - Abraham Maslow

🌀 "Who exactly seeks out a coach? Winners who want even more out of life." -- Chicago Tribune

🌀 "Executives and HR managers know coaching is the most potent tool for inducing lasting personal change." -- Ivy Business Journal

🌀 "Increasingly, nonprofit executives and managers are finding coaches a terrific sounding board and source of help in a demanding and complex job." -- Nonprofit World

🌀 An Ethics Resource Center study found that 90% of employees value leaders with integrity as highly as they value income.

🌀 The Manchester survey of 140 companies shows nine in 10 executives believe coaching to be worth their time and dollars. The average return was more than \$5 for each \$1 spent. -- The Denver Post

🌀 "What's really driving the boom in coaching, is this: as we move from 30 miles an hour to 70 to 120 to 180.....as we go from driving straight down the road to making right turns and left turns to abandoning cars and getting motorcycles...the whole game changes, and a lot of people are trying to keep up, learn how not to fall." --John Kotter, Professor of Leadership, Harvard Business School

🌀 "Executive coaches are not for the meek. They're for people who value unambiguous feedback. All coaches have one thing in common, it's that they are ruthlessly results-oriented." -- FAST COMPANY Magazine.

🌀 "I never cease to be amazed at the power of the coaching process to draw out the skills or talent that was previously hidden within an individual, and which invariably finds a way to solve a problem previously thought unsolvable." --John Russell, Managing Director, **Harley-Davidson** Europe Ltd.

🌀 Asked for a conservative estimate of the monetary payoff from the coaching they got, these managers described an average return of more than \$100,000, or about six times what the coaching had cost their companies. --FORTUNE MAGAZINE, 2/19/01
