

Definitions of Coaching

“Coaches are change experts who help leaders take responsibility and act to maximize their own potential.”

“Coaching is like having a personal trainer for every area of your life.”

“Coaching is a dialogue, not a monologue.”

Joseph Umidi

“Coaching is practicing the disciplines of believing in people in order to empower them to change.”

Tony Stoltzfus

“Coaching is unlocking a person’s potential to maximize their growth.”

John Whitmore

“Coaching is the art and practice of guiding a person or group from where they are toward the greater competence and fulfillment that they desire.”

Gary Collins

“Mentoring is imparting to you what God has given me; coaching is drawing out of you what God has put in you.”

Dale Stoll

From the book, Leadership Coaching by Tony Stoltzfus