Do you have a coach?

If not, you could be limiting your sport career success. That’s because coaches help you identify and focus on what’s important, which accelerates your success.

Successful athletes obviously understand the power of coaching. The sports coach is one that "enables the athlete to achieve levels of performance to a degree that may not have been possible if left to his/her own endeavours."

A coach can be a powerful resource who can help you get out of your own way, stand out, and take action to achieve the things that are truly important to you. Your coach can help you:

1. Get clear about your goals. Your coach will help you determine what’s really important to you and help you stay focused on that.

2. Identify blind spots. Coaches help you figure out what you don’t know, and they clue you into things you may not be able to see. They will be honest with you because they are not vested in any specific outcome.

3. Be accountable. Coaches keep you on track and moving forward toward new levels of achievement. For many of us, having someone we answer to motivates us to act.

4. Focus your development efforts. Coaches help you know the difference between weaknesses you need to fix and those that are best left as they are. This can help you invest time and energy only in the most fruitful opportunities.

5. Gain a competitive advantage. A coach can help you get from point a to b faster than you could on your own, helping you differentiate yourself from the pack and advance your sporting career at a quicker clip.

6. Feel happier. Because coaches help you identify and align your values, create a focus, cut through clutter, and clear tolerations, they help you increase your fulfilment.

**Simply put, a coach will help you stoke your success. How much is that worth to you?**