

Coaching with Greg Barker

Move forward with your career, vocation and relationships.

What Is Coaching?

It's easy to feel overwhelmed with competing priorities, deadlines and commitments in our professional lives. Then, there are our relationships, aspirations and dreams – how can we make it all work?

Coaching can be your key to moving ahead. It involves focused conversation and accountability as you set your own course to reach your goals.

How Does It Work?

In coaching you set the agenda. Then, the focus is on a conversation in which you receive insight, challenge and accountability as you step closer to your goals. These goals may have to do with:

- Targets at work
- Sharpening skills
- Vocational or educational concerns
- Relationships and other life issues

In coaching you untangle the web of concerns and find clear paths forward.

How Do I Start?

Coaching begins with a short session where we look at the issues you would like addressed and discuss how the sessions work. Then, we set up a few meetings (usually over the phone/Skype); these include goal setting, strategizing and reviewing the process.

The coaching relationship is a short-term collaboration. The goal is for you to become your own “internal” coach or mentor; on this journey you have the chance to grow through an “external” coaching relationship.

Who Is The Coach?

Gregory A. Barker, PhD. is a speaker, educator, coach and consultant. He is the Commissioning Editor of the leading on-line publication for emerging vocal artists and editor of the #1-selling-book for singers, *The Ultimate Guide to Singing*. As an academic he is a published author with Oxford University Press and Visiting Research Scholar at the University of Winchester. He has a long history of collaborating with corporate leaders, businesses and individuals on their quest to reach their goals and their personal dreams.

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