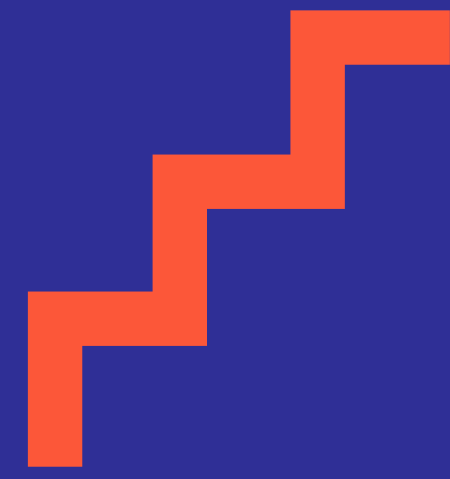


Top 10 Topics Coachees are Prioritizing This Quarter



Understanding the key areas your coachees want to address can be valuable in creating customized plans. It can also allow coaches to focus on clients who seek to be coached in specific areas of life, rather than applying a generalized approach.



Most of these priorities are drawn from **self-awareness**, a segment of personal development expected to grow at: **6.9% CAGR**.



(Grandview Research, Personal Development Market Size Report, 2021).



Coachees want to know what it takes to develop:

1. Conflict management

Many coachees want to understand how to master and manage conflicts, because without proper guidance, conflicts are likely to continue to be mismanaged. Coaches get to help coachees define pain points as well as possible action plans that can contribute to improved communication and conflict management skills.



2. Emotional regulation

Coachees are becoming more interested in understanding what it takes to properly regulate their emotions. Coaching can help people to uncover negative patterns that make emotional regulation a struggle. Once discovered, coaches can also help them to develop new habits and techniques that will significantly shape their ability to manage situational emotions.



3. Time management

Most people know that time management is an important skill to have as it can help them to master many aspects of their lives as well as boost productivity. Coaches can work with coachees to unravel patterns and habits that make it difficult for many to manage their time effectively by helping coachees form new and effective prioritization and delegation skills.



4. Resilience

Coachees want to know what it takes to develop resiliency, even in the face of the most daunting circumstances. A coach's insight and expertise can help to reshape coachees' outlooks as well as to reconstruct resiliency skills that can help them to achieve their goals - regardless of the challenges.



5. Communication

Coachees are interested in discovering more ways to improve their communication abilities, especially as more people are realizing just how fundamental this skill is. With a coach's help, they can understand key ways to improve communication skills as well as to get better at relaying their thoughts, listening and giving feedback.



6. Mindfulness

The benefits of mindfulness span across various aspects of a person's life. While some are aware of the basics, many coachees still consent to needing guidance. Since the results of improved mindfulness are all-encompassing, coaches can help their coachees effectively work through this core need.



7. Growth mentality

Because many people have faced with significant setbacks and challenges throughout their personal and professional lives, many coachees struggle to develop - and keep - a growth mentality. Coaches can guide their clients to let go of harmful paradigms and develop a mindset that embraces growth.



8. Centeredness

There's a degree of centeredness that is required for people to connect to their core and harness their true potential. Without the help of coaches, it can be difficult for people to get to this phase, especially if they constantly feel the need to please others.



9. Goal setting

Coachees express the need for help in not only setting, but also achieving their goals. As a coach, working out clear strategies and attainable goals with coachees can help to produce phenomenal results that can help them to advance and thrive - both professionally and personally.



10. Delegation

The ability to delegate is a core leadership skill that is critical for people to develop in order to achieve great results in their professional lives. Coachees are considering delegation to be a key priority and require the expertise of their coaches to be able to effectively master this skill.



These insights were provided by a pool of over 10,000 coachees. This information can be useful in driving conversations during coaching sessions and a great to determine your client's likely needs. As a result, you can decrease time spent in exploratory conversations and move on to guiding your clients to take effective actions and achieve quality results.

