

# Past Students' and Clients' Comments for:

## Coaching Yourself and Others for Peak Performance



- "Useful information! I will be a GREAT COACH!"*** -T.W., IRS, Washington, DC
- "Great course. More managers should take it."*** - T.B., IRS, Washington, DC
- "I will use it in the workplace to help change the mind set of employees who are stuck."***  
- A.S.C., IRS, Washington, DC
- "The course was great. The coaching techniques taught will be very useful in working with the career ladder employees. I have learned some great techniques in helping coachees realizing their goals and working toward achieving them."***  
- K.S., IRS, San Francisco, CA
- "This course was a wonderful refresher and so much more! The skills that I learned are useful in other areas of my life too."***  
-S.M., IRS, Washington, DC
- "Class provided many valuable tools and strategies to coaching. Instructor was very energetic and passionate about the work she does and this was easy to see in her presentation. Everything was very usable and transferable to work and so much information that will be a huge resource."*** - M.A., IRS, Washington, DC
- "I have been enlightened about the difference in coaching and mentoring. When coached, you have someone that helps you to see your untapped potential. I will start to look for untapped talent and ability to do something I haven't felt comfortable doing. I enjoyed the presentation and excellent delivery of material."***  
- L.L., GSA, Ft. Worth, TX
- "The course met my expectations and (I'll) excel beyond my dreams."*** - N.M., IRS, New York, NY
- "Provided direction in achieving my goals and overcoming weaknesses."*** - F.C., GSA, Ft. Worth, TX
- "I love the concept of self-coaching. It will be helpful in making future career goals as well as personal. Very engaging speakers, material is very easy to understand. Very doable."*** - Unsigned, EPA, San Francisco, CA
- "It's given me ideas on how to effect change in myself and my environment."*** - S.R., GSA, Ft. Worth, TX
- "Joan's delivery, competence and enthusiasm coupled with the tone and content of the guidebook were the best about the course."*** - P.L., IRS, Washington, DC
- "Great ideas on helping myself and others."*** - N.C., GSA, Ft. Worth, TX
- "Coaching practice (exercise), discussions and goal setting were the best."*** - A.C., IRS, Washington, DC
- "The best part was listening and drilling down to get the coachee to realize their goals and asking more questions."*** - B.D., IRS, Washington, DC
- "Listening, body language and asking questions chapters were the most valuable for me."***  
- S.H., GSA, Ft. Worth, TX
- "Learned how to deal more effectively with Associates."*** - D.B., GSA, Ft. Worth, TX
- "Useful for me because I am new and fresh out of college. It will help make my life more meaningful at a younger age."*** - C.H., EPA, San Francisco, CA
- "Good definitions of the differences between counseling, mentoring, facilitating and coaching."***  
- Unsigned, GSA, Ft. Worth, TX

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***“The class material is easy reference material to reinforce very good information in dealing with people. All of the techniques covered will change my life for the better. Thanks so much for the excellent book.”***

***- K.G.A., IRS, Washington, DC***

***“This training was useful in helping me to focus on how to develop my personal goals as well as how to coach a career ladder employee. The information gained will also assist me as a team leader as well. The instructor was extremely knowledgeable and personable. She also provided many real world examples that made the information easy to understand.”***

***- A.C., IRS, Washington, DC***

***“Excellent. I can easily see how I can use the information from this course in my daily life as a professional, spouse, mom, friend. I’ve learned so much. Thank you, Joan, for opening my mind. This course was fabulous and I highly recommend it to others. Your purpose was achieved!”***

***- J.H., IRS, Washington, DC***

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