

The Habits You Learn or Unlearn From Executive Coaching

Executive coaches have 2 major objectives: breaking bad habits and teaching good ones. In business, it takes intelligence, a good product or service and sufficient funds to get a fair chance to be a success. Unfortunately none of these business factors will help you succeed if you have certain bad habits. In an article in the Harvard Business Review, bad habits in business can break a business even before it gets its feet off the ground.

In another article reported in the Wall Street Journal, the focus was on federal training by the US government that led to billions of dollars spent individuals who engaged in bad habits. The article reported that despite good training programs, bad habits kept many individuals from being able to obtain or sustain employment.

In 2011 there were 47 federal training and employment programs that spent \$18 billion with a success rate of only 14% for some programs. One obvious lack in the training was failure to teach the participants good work habits like reporting on time, maintaining proper decorum at the work place, and self-motivation to success. Hiring an executive coach can help reduce the bad habits employees exhibit.

Some basic good business habits that need to be learned are:

Keeping your word – Don't promise anything and then pretend you never said it. Your employees will become resentful and unwilling to work beyond what is required of them.

Looking at the bigger picture – Sometimes, you have to let go of the small annoying stuff in your employees. For instance, if your assistant likes to munch on snacks while working but produces amazing reports on time, you should learn to let it go. Micro management will not work in most business environments because it causes too much stress.

Setting goals within a reasonable framework – A good habit to have is to set daily, weekly, and monthly goals. An executive coach is a person that can help. Imagine if you have short-term goals all organized by the time you meet your business coach – it will mean a quicker route to success and your promotion.

Your executive coach can also help you stay updated, reading, and enriching your knowledge and skills. This is one way to develop your communication skills and enhance your confidence as a person on his way to the top.