

What are the Benefits of Virtual Coaching

- Learning is 'just-in-time', facilitated when you need it vs. waiting for a specific session at some point in the future
- A global coaching community means there are many different time zones enabling with you meet with your coach in a more convenient, flexible way
- Rural and remote communities can access credible, quality coaching relationships
- Cross-cultural learning is encouraged by choosing a coach from another country, broadening your perspectives
- Choosing a coach from a similar background, but in a different competitive environment provides wider connections and learning application
- The anonymity of a virtual relationship may enhance deeper, more authentic and trustful reflection
- Cost effective engagements, reducing costs, incurred by travel, time away from work
- These benefits were confirmed by Gohds and Boyce [2013] that found the 'primary advantages are that it is practical, accessible and cost-effective'.

Outcomes of the Virtual Coaching Space

- **Coaching that is Transformational:** Deep thinking by 'quieting the mind', through less distractions; physical objects [e.g. desks, office clutter, tables] inhibiting out connection together; noise and chatter when meeting in coffee shops.
- **Coaching that is Authentic:** Conscious listening by being 'deeply heard', 'hearing the unsaid', through your virtual coach ensuring they are truly 'present' for you without needing to focus on anything else in the environment around them.
- **Coaching that is Mindful:** Reaching as partners into our own somatic intelligence, that allows us both to raise our self-awareness at a much deeper level.