

Coaching Has A Significant Effect On Self-Efficacy

Personal coaching goes a long way towards improving one's outlook in life. The report "Career Coaching Effects On Hope, Confidence, and Maturity" published by Kuder Inc in 2014, showed positive feedback from respondents who took pre-coaching and post-coaching surveys. Respondents were asked to rate their levels of confidence on a scale of 0 to 10:

Confidence Criterion	Mean Before Coaching	Mean After Coaching
Understanding my occupational interests	7.08	8.81
Understanding my occupational skills	7.46	8.35
Making career choices	7.58	8.23

Similar results were obtained in the 2009 ICF Global Client Study: 80% of respondents reported that coaching improved self-confidence, while 73% reported improved relationships and 67% cited improved work-life balance. In addition, a study of 1,648 students at Harvard University found that social support was the greatest predictor of happiness during periods of high stress.

Given the direct relationship between coaching and one's personal well-being, is it not time to invest in yourself?

Professional Coaching & Training with Shian Chuan



Shian Chuan conducts one-on-one [coaching](#) for individuals who need clarity in their lives. Shian will assist you in creating the life, career or business you want, while working on multiple levels of change to allow you to achieve lasting results. Incorporating wisdom and tools from the Spiritual, Mental, Emotional and Physical dimensions of wellness, Shian helps you to obtain the resources to lead your best life, focus on your priorities and identify actionable steps to realize your highest potential.

The Coach and Trainer

[Shian Chuan](#) is a Professional Coach, Corporate Trainer and NLP Master Practitioner. Possessing international experience and training in business and human performance, she is qualified to help her clients make breakthroughs and overcome inner obstacles in order to achieve sustainable outcomes.



Take Action Today!

Unleash your full potential and overcome all obstacles with an engaging and fulfilling personal coaching session with [SC International Group](#). Contact Shian Chuan at sc@shianchuan.com.