



Why Coaching?

Imagine a life where you're constantly growing, achieving your goals, and living with purpose. A professional coach is your catalyst for transformation, providing personalized guidance to help you overcome obstacles and reach new heights. By investing in coaching, you're not just improving your skills—you're investing in your future self. Take the first step towards the extraordinary life you deserve; partner with a professional coach and turn your aspirations into reality.

Coaching provides many benefits:

- You will have a sounding board with mutual trust and respect. There is no judgment and an acknowledgment that you have the wisdom you need. Coaching provides the space to tap into that wisdom.
- An opportunity for curiosity. Deep and focused listening from a coach leads to seeing your beliefs from a new perspective. When there is no judgment, the opportunity arises to evaluate your thinking/story. “Aha!” moments occur, and new actions for your desired results come to your awareness.
- Life includes many challenges. Working with a coach helps you safely move out of your comfort zone to discover, create, and implement your vision.
- A coach provides accountability to help you stay focused on your goals in achievable increments, increasing your likelihood of success. Coaching provides support, motivation, and inspiration and helps you achieve more than you would on your own by generating momentum.
- Provides you with tools, support, and structure to accomplish more.
- Our coaching includes complimentary email replies and brief phone/Zoom calls between appointments.
- Expert Guidance: Access to professionals with specialized knowledge and experience navigating career transitions.
- Goal Clarity: Assistance in defining clear, achievable career goals and devising a strategic plan to attain them.
- Personalized Support: Tailored guidance to address your specific needs, challenges, and aspirations.

Golden Career Strategies
(a division of Ask and Receive, Inc)
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What is Coaching?

The International Coach Federation (ICF) defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

How often in life do we have the opportunity to be actively listened to without judgment?

Coaching creates a space where there is mutual respect and trust so that we can tap into our inner wisdom. Coaching involves a process where you are actively listened to and asked powerful questions that lead to new awareness and possibilities.

Coaching is a client-driven process (what would you like to coach around?) that helps you improve your outlook on work and life while improving your leadership skills, unlocking your potential, and creating space to discover possibilities for creating the life of your dreams.

The coach's responsibility is to:

- Discover, clarify, and align with what the client wants to achieve
- Encourage client self-discovery
- Elicit client-generated solutions and strategies
- Hold the client responsible and accountable

How is coaching distinct from other service professions?

Professional coaching focuses on setting goals, creating outcomes, and managing personal and organizational changes. Coaching is distinctly different from other professions:

Therapy: Therapy typically deals with healing pain, dysfunction, and conflict within an individual or in relationships. The focus is often on resolving difficulties arising from the past that hamper an individual's emotional functioning in the present. Often, therapy includes a diagnosis. Coaching, on the other hand, supports personal and professional growth based on self-initiated change in pursuit of specific, actionable outcomes. Coaching is future-focused, and the coaching relationship emphasizes action, accountability, and follow-through.

Consulting: Individuals or organizations retain consultants for their expertise. While consulting approaches vary widely, the assumption is that the consultant will diagnose problems and prescribe and, sometimes, implement solutions. With coaching, the assumption is that individuals or teams can generate their own solutions, with the coach supplying supportive, discovery-based approaches and frameworks.

Mentoring: A mentor is an expert who provides wisdom and guidance based on their own experience. Mentoring may include advising, counseling and coaching. The coaching process does not include advising or counseling and focuses instead on individuals or groups setting and reaching their own objectives.

Training: Training programs are based on objectives the trainer or instructor sets. Though objectives are clarified in the coaching process, they are set by the individual or team being coached, with guidance provided by the coach. Training also assumes a linear learning path that coincides with an established curriculum. Coaching is less linear and doesn't include a set curriculum.

Athletic Development: Though sports metaphors are often used, professional coaching differs from sports coaching. The athletic coach is often seen as an expert who guides and directs the behavior of individuals or teams based on their greater experience and knowledge. Professional coaches possess these qualities, but their experience and knowledge of the individual or team determines the direction. Additionally, professional coaching does not focus on behaviors being executed poorly or incorrectly. Instead, the focus is on identifying development opportunities based on individual strengths and capabilities. Resource: Coachfederation.org

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Examining Your Potential Barriers to Coaching

Please fill out and email it to stacey@goldencareerstrategies.com

For coaching to be truly effective, you need to be at a place in life where you are coachable. This form helps identify how coachable you are right now. Read each statement below and select the number closest to representing how true the statement is for you right now. Score yourself using the key at the bottom of the page. Please share your results with your coach.

True	1 = Least True				5 = Most
1. I can be relied upon to be on time for all calls and appointments.	1	2	3	4	5
2. This is the right time for me to accept coaching.	1	2	3	4	5
3. I am fully willing to do the work and allow my coach to do the coaching.	1	2	3	4	5
4. I keep my word without struggling or sabotaging.	1	2	3	4	5
5. I'll give my coach the benefit of the doubt and "try on" new concepts or different ways of doing things.	1	2	3	4	5
6. I will speak truthfully to my coach.	1	2	3	4	5
7. If I feel that I am not getting what I need or expect from my coach, I will share this as soon as I sense it and ask for what I want and need from the coaching relationship.	1	2	3	4	5
8. I am willing to eliminate or modify the self-defeating behaviors that limit my success.	1	2	3	4	5
9. I have adequate funds to pay for coaching and see coaching as a worthwhile investment in my life.	1	2	3	4	5
10. I am someone who can share the credit for my success with my coaching network.	1	2	3	4	5

TOTAL SCORE (add up all of the selected circles)

SCORING KEY

10 – 20 Not coachable right now

21 – 30 Coachable - if committed

31 – 40 Coachable - expect good results!

41 – 50 Very coachable!

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HOW STRESS AFFECTS THE BODY

Zzzzz

Chronic Fatigue

85% to 90% of primary care doctor visits are related to stress, yet only 3% of patients receive stress management help.

JAMA Intern Med. 2013;173(1):76-77

Headaches, Dizziness, ADD/ADHD, Anxiety, Irritability & Anger, Panic Disorders

Grinding Teeth & Tension in Jaw

Increased Heart Rate, Strokes, Heart Disease, Hypertension, Diabetes Type I & II, Arrhythmias

Digestive Disorders, Upset Stomach, Abdominal Pain, Irritable Bowel Syndrome

Weight Gain & Obesity

Decreased Sex Drive

Muscle Tension, Fibromyalgia, Complex Regional Pain Syndrome



Stress affects the entire body and can cause many other problems.

42% of Americans report lying awake at night due to stress

American Psychological Association Stress in America Report 2013

+♥ HeartMath.

www.heartmath.com

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Stress Facts

Understanding the mechanics of stress gives you the advantage of being more aware of and sensitive to your own level of stress and knowing when and how to take proactive steps. This increased awareness also helps you to better care for your family, friends and colleagues.

Here are a few stress facts that many people are unaware of:

■ **Fact #1: Your body doesn't care if it's a big stress or a little one.**

The human body doesn't discriminate between a BIG stress, or a little one. Regardless of the significance, stress affects the body in predictable ways. A typical stress reaction, which most of us experience dozens of times each day, begins with a cascade of 1,400 biochemical events in your body. If these reactions are left unchecked we age prematurely, our cognitive function is impaired, our energy is drained, and we are robbed of our effectiveness and clarity.

■ **Fact #2: Stress can make smart people do stupid things**

Stress what brain researchers call "cortical inhibition." The phenomenon of cortical inhibition helps to explain why smart people do dumb things. Simply said, stress inhibits a small part of your brain and you can't function at your best. When we are in coherence – a state where we are cognitively sharp, emotionally calm, and we feel and think with enhanced clarity – the brain, heart and nervous system are working in harmony. This state of coherence facilitates our cognitive functioning – we are actually operating at peak performance mentally, emotionally and physically.

■ **Fact #3: People can become numb to their stress.**

We can be physiologically experiencing stress yet mentally numb to it because we've become so accustomed to it. Some have become so adapted to the daily pressures, irritations and annoyances of life that it starts to seem normal. Yet the small stresses accumulate quickly and we may not realize how much they're impairing our mental and emotional clarity and our overall health until it shows up as a bad decision, an overreaction or an unwanted diagnosis at the doctor's office.

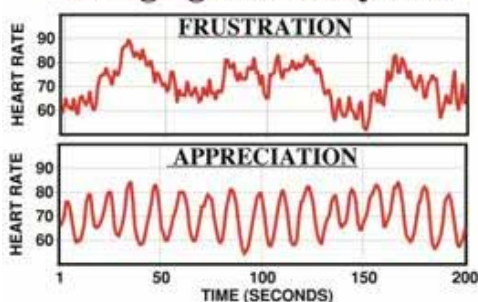
■ **Fact #4: We can control how we respond to stress.**

We don't need to be victims to our own emotions, thoughts and attitudes. We can control how we respond to stress and we can become more sensitive to stressful situations and how they are affecting us before it manifests as a physical, mental or emotional complaint. There are simple, scientifically validated solutions to stress that empower people to rewire their own stress response.

■ **Fact #5: The best strategy is to handle stress in the moment**

The best way to manage stress is to deal with it the very moment you feel it come up. Millions of Americans unsuccessfully use the binge-and-purge approach when it comes to stress. They stress out all day, believing that they can wait until later to recover when they go to an evening yoga class, go to the gym or chill out when they take the weekend off. Unfortunately, when we put off going for our own inner balance our bodies have already activated the stress response and it's our health that suffers.

Changing Heart Rhythms



HeartMath's research shows how emotions change our heart rhythm patterns. Positive emotions create coherent heart rhythms, which look like rolling hills – it's a smooth and ordered pattern. In contrast, negative emotions create chaotic, erratic patterns. Using a heart rhythm monitor, you can actually see your heart rhythms change in real time as you shift from stressful emotions like anger or anxiety to positive feelings like care or appreciation. Coherent heart rhythm patterns facilitate higher brain function, whereas negative emotions inhibit a person's ability to think clearly. Coherent heart rhythms also create a feeling of solidity and security.

Do you have too much stress?

Everyone responds to stress differently. Use this check list to assess the impact stress is having on your life and if it's time to do something about it.

Low stress levels

- ☐ I feel well
- ☐ I am able to relax
- ☐ Physical recreation brings me pleasure
- ☐ Increasing pressure enhances my performance
- ☐ My thinking is clear and I learn easily
- ☐ I am able to say "No"
- ☐ Others see me as adaptable and approachable
- ☐ Others see me as energized and successful

Moderate stress levels

- ☐ I feel driven, hyperactive, and restless
- ☐ I tend to make snap decisions but with errors
- ☐ I feel over-burdened but can still say "No"
- ☐ I often feel tired but am taking steps to recover
- ☐ I often try to squeeze a few extra drops out of my performance
- ☐ Discipline, fitness, social pressure and stimulants play a greater role in my ability to perform
- ☐ My sleep is just about adequate
- ☐ Others see me as tired yet successful

High stress levels

- ☐ I don't think as clearly as I used to
- ☐ I feel irritable and "on edge"
- ☐ I complain and grumble regularly
- ☐ I work longer hours but get less done
- ☐ I have repeated minor ailments, aches and pains
- ☐ I am exhausted, have poor endurance and my work/life balance is suffering
- ☐ I am unable to distinguish the essential from non-essential
- ☐ I have sleep problems
- ☐ I feel like I'm operating in survival mode
- ☐ I accept excessive burdens and see them as inevitable

Contact, Stacey, your HeartMath® Certified Coach and Trainer for more information.

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+ ♥ HeartMath.
Certified Coach
+ ♥ HeartMath.
Certified Trainer



About Stacey Bevill – SC Biz News 2024 included Bevill as an honoree on their 2024 Manufacturing Power List. She is a Professional Certified Coach (PCC) and a Board-Certified Coach (BCC). Additional credentials include Positive Intelligence, Conversational Intelligence Enhanced Practitioner, Inspired Leadership, and Coaching for Managers. Stacey is a HeartMath® Certified Coach, Trainer, and Stress & Well-Being Assessment

Provider. She is a Myers-Briggs MBTI®, a Leadership Challenge LPI 360® Certified Practitioner, a Zen Leadership Practitioner, and a Flow Energy Balance Indicator (FEBI®) Assessment Certified Coach (Leadership Patterns). She is also a certified Harrison Assessment provider for hiring and promotions, indicating performance and enjoyment based on 175 personality traits. Stacey is Take Flight with DISC Certified, which uses birds to represent D-I-S-C. Stacey is a Certified Career Services Provider (CCSP) and a Global Career Development Facilitator (GCDF).

Stacey is trained in Lean Six Sigma Black Belt and has received “value-added” training for her manufacturing clients: Certified Agile Change Management and Local Change Agent (credentialed by APMG) and a Certified Master Project Manager® She is a graduate of Leadership South Carolina, Leadership Spartanburg, and Spartanburg County Foundation’s Grass Roots Leadership Development Institute (GLDI). Stacey is a volunteer coach for Veterans through Stand Beside Them. Bevill was awarded the Rotary International District Service Above Self award. She serves on the board of the South Carolina Roundtable, part of the Council of Supply Chain Management Professionals (CSCMP), and the Board of Trustees for the University Center of Greenville.

About Golden Career Strategies (GCS) – GCS helps organizations maximize their employees’ effectiveness and potential by providing innovative organizational and leadership development, assessments, team and individual coaching, custom training and workshops, onboarding, and outplacement services. For individuals, GCS offers many tailored services, including The Golden Career Course™, Assessments, Coaching, Consulting, Team Building, Leadership Development and Workshops. GCS clients include executives, recent college graduates, those seeking encore careers, entrepreneurs, and others. Complimentary consultations can be scheduled online at www.goldencareerstrategies.com. Everyone is welcome to attend the popular Golden Career Strategies Monthly Upskilling and Networking Event held on the third Thursday of each month from 1:00 p.m. to 2:30 p.m. To learn more and register, visit our website at <https://goldencareerstrategies.com/>