

Modern Methods of the Personality's Development

Coaching, training, tuition, advising are the words, that appear in the 21st century society's language more and more often. What do these terms actually mean, is there any difference between them? Which methods are really effective?

Some time ago the corporate trainings have become gained popularity, dealing with the development of the professional potential of the company's employees and emphasizing the internal needs of it. Furthermore, the growing expectations towards the candidates for vacancies, as well as the competition within the company, caused the need for backup for the individual needs, through the motivation trainings and self-development, focused on working out the particular set of techniques. In case of small and medium business growth, we received the advising service, based on the set solution from outside of the company.

The newest offer in the field of personality and business development is the Coaching, which core is the statement, that with the help of the coach, the client finds the way to solve one's problems or to achieve the expected goals. Finding, setting free and pointing the client's potential in the right direction are the tasks for the good coach, who uses different methods, including the ones used in another training, tutoring and therapeutic practices. The complex point of view to the matter is the next advantage of coaching and makes it placed on the top of list of programs available in the public sources.

Coaching may refer to different areas and most commonly divides into: carrier, business or life coaching. According to statistics, 34% of the people between 25 and 45 in the countries of the Western Europe and the USA, within the last 2 years, used some of the coaching forms and this percentage keeps rising, due to quick effects of the change and relative small amount of effort and not much time consumed.

In the last years this trend has been growing extremely rapidly in the East European countries and Poland, as a result of new possibilities and challenges, connected with the process of the European integration.

We can say, that coaching – thanks to its accessible and universal form – is nowadays considered to be one of the most effective tools for adapting and developing, inevitable to succeed in the 21st century, both in the professional and private life.

R. Mazur



COACHING
SYSTEM

We are what we think we are!

We are what we believe we are!

We are what we judge ourselves to be!

According to statistics, 34% of the people between 25 and 45 in the countries of the Western Europe and the USA, within the last 2 years, used some of the coaching forms and this percentage keeps rising, due to quick effects of the change and relative small amount of effort and not much time consumed.