

Coaching sessions 2006

When I started my coaching sessions with Jason I was a bit disgruntled and felt that I was being punished by the company for allegations that were later found out to be untrue. It was a requirement that management felt was necessary based on the false allegations.

After my first session with Jason I found that I wasn't feeling so negative but rather excited that I may be able to improve my management skills.

Jason helped to identify the different personalities that we encounter and how to respond to these personalities. Jason came to our office and had a session which we identified the communication clues of each individual in our department. I was the only D-I working with all S-C personalities. That was where we were able to begin our coaching. When I applied the methods that Jason coached me on for this communication personality I found that our meetings improved and we all understood each other better. I found everyone worked more efficient and the work environment became lighter and happier.

I was also able to apply Jason's coaching methods to my personal life as well since through these sessions there were times when my homework included them as part of my self analysis.

Through these coaching sessions I found that you really need to look at yourself before you can manage others successfully.

Thank you Jason for sharpening my skills and making my environment more pleasant.