

Impact Coaching FAQs



What is Impact Coaching?

Impact Coaching is a partnership between you and a trained volunteer Coach. Through this partnership, the coach supports you in achieving your specific personal goals. It is a thought-provoking and creative process designed to inspire you to maximize your personal potential. You will develop a plan, work to make your goals realistic and attainable, identify and remove barriers to reaching your goals, and consider the strengths and resources that you have to help you carry out your plan. It is short-term and goal focused.

How does Impact Coaching work?

An Impact Coach is a trained volunteer that meets by phone or by video meeting. You will start by completing a self-assessment that will help guide your plan. Then you will explore things that you would like to accomplish or change that you believe will make a positive impact on your life. Your coach will ask you lots of questions and help you to structure your plan. You can work with an Impact Coach for 3 to 4 months, typically meeting every other week to check in and plan next steps.

Benefits of Impact Coaching:

Impact Coaching provides an invaluable space for personal development. You are likely to see quick, positive changes because you are engaged in an active, thought-provoking process. You are responsible for identifying goals and creating a pathway to achieve those goals with your Impact Coach's assistance. With Impact Coaching, you will:

- Be open to personal learning and development
- Have greater ownership and responsibility for the life changes you make
- Develop a greater sense of self-awareness
- Improve specific skills or behaviors

If you are interested in Impact Coaching, please contact our Social Worker at 919-362-0657 x9 to see if you would be a good fit for the program. There is no cost to Impact Coaching.