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## Getting On-Track

### ***Coaching Can Be Your Map and Passport to a More Satisfying Career***

Ever been confused about where your career was taking you...or whether you were in the right career...or even if you could call your job a career at all? Most of us have been in this predicament at one time or another.

There are also those puzzling times when we're in the job of our choice, but the satisfaction seems to have evaporated.

At times like these, a savvy coach can be the ticket to getting back on track.



***Jane M. Howe, M.S., of Creative LIFelines*** says a personal or professional coach helps a

client map his or her path to the final destination and serves as the client's passport to getting there.

By skillful questioning and monitoring of goals, personality, strengths, talents and inclinations, a coach can help a client reach the destination (or next milestone) when situations arise that cause detours.

"Travelers in unfamiliar territory frequently need to stop and ask directions," says Howe. "A coach not only provides the helpful directions but also *accompanies the traveler* to the place he or she is going, to ensure a timely arrival."

The travel metaphor has proved so useful to Howe, she's incorporated it into her company's logo as a map of a city's rapid rail system. "The transfers necessary to make the desired connections are all part of the process, rather than something to be annoyed by or feared," she asserts.

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