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In life, it is easier to achieve your goals if you take an example from a specific person. In this case, you know and see where you are striving, what results can be. Many outstanding personalities in adolescence were fond of the creativity of someone, and then they repeated or exceeded the successes of their teacher. A coach is a person who has any certificates, titles, awards, experience and transfers knowledge to his students.

The history of this profession is rooted in the distant past, when the first people appeared. A person now knows how and knows much more than his ancestors, because they discovered, invented, studied and disseminated their beliefs, instructions for the use of objects, herbs and roots - a kind of mentors and teachers. Philosophers also had followers and disciples. Nowadays, most are no longer interested in what herbs to cook, but how to build a business. Therefore, about 10 years ago, the profession of a business coach gained popularity. ...

The coach plays an important role in modern society. He pushes a person with words, personal example to reach the heights. The director of the company successfully manages it and makes a profit, because once a business coach helped him look at his business from a different angle, while giving him valuable advice on motivating employees. A sports coach by his personal example introduces young people to a healthy lifestyle without alcohol and smoking. Sports activities give a person physical stamina and a beautiful body. And the success of many football competitions depends on whether the coach is able to find the right words before the match.

The trainer must be professional in the field he teaches. If this is a sport, then there should be victories in competitions and other sporting achievements behind him. If we are talking about a business coach, then he needs to have successful experience in leadership positions in the area that the training is devoted to. A coach cannot cope with his duties without theoretical and practical training. He has to work with groups of people who are completely different in character, so he needs to understand psychology, be able to manage a team, have charisma and the ability to teach.

The problem with some coaches is overestimating their own strength. Not every professional can teach. People who come to the training perfectly see the insecurity, tightness, gaps in the mentor's knowledge, which turns into a damaged reputation and loss of clients. Only a flexible, active and creative person can be a coach. He must "burn"

at work, have his own methods, best practices, examples, and so on.

There is no university that graduates coaches. A coach is, first of all, experience, not education. In the process of work, the education of a psychologist is useful, which helps to better understand people.