

# DAF Coaching Program

## Short description of your journey/personal experience:

Working with a coach was beneficial to assist me in recognizing my strengths and weaknesses. The approach, professionalism, and delivery within the sessions kept me wanting to return for more as I uncovered new developments. Throughout the program, my coach as well as the online assessments provided me with many resources and tools to further my leadership and personal skills.

## Importance and benefits:

The program and resources provided alternative paths to seek within for the betterment of self, not only in the workforce but personally as well.

Any recommendations/advice for employees looking to further develop professionally and personally.

Overall, I recommend participating in this opportunity for any person seeking further advancement in their career and life's journey. You can never go wrong when investing time in self-improvement. With the right attitude, utilizing the program can be beneficial to overcoming adversities and gaining the ability to strategize some of the inclusive goals set in life.



**Mr. Larry Williams Jr.**  
**Quality Assurance Specialist**  
**WR-ALC/QASCB**  
**Robins AFB GA**

A portrait of Alison Sheffield, a woman with long, wavy, light-colored hair, wearing a light pink blazer over a dark floral top and a pearl necklace. She is smiling slightly and looking directly at the camera. The background is a blurred indoor setting with green plants.

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- **Short Description of Your Journey/Personal Experience:** *I didn't know what to expect when I started the coaching program, but it has been a very beneficial experience. I have grown personally and professionally and have gained more confidence in making decisions. I am more focused and think more strategically. I look forward to talking to my personal career coach each week. It allows me the opportunity to discuss work scenarios and get a professional's advice on how to best handle challenging situations. I took advantage of coaching on career growth, diversity & inclusion, communication effectiveness, presenting with confidence, nutrition, and well-being habits. I learned something from each one of my coaches.*
- **Importance and benefits:** *I can't say enough about this program! I am so thankful the Air Force is investing in its people and hope they continue offering this program. Coaches give you their undivided attention during your sessions. Coaching not only helps you with work but with life. You receive a wealth of recommended resources such as articles and videos to help on your individual journey. I highly recommend taking advantage of the coaching opportunity! I hope I get to participate again in the future.*
- **Any Recommendations/Advice for employees Looking to Further Develop Professionally and personally.** *I would tell them to not miss out on this amazing opportunity. I would encourage them to take advantage of all the different types of coaching available.*

**ALISON SHEFFIELD**

**Training Administrator, WR-ALC/OBHA**

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MR. PAUL NAKAYU | Computer Scientist  
309 SWEG/MXDEP | Hill AFB UT

## Description of my journey:

Last year I got to work with an Air Force coach, and then had the chance to plug into the DAF-contracted coaching program where I continued to develop my ability to engage in and lead collaboration. We spent sessions on evolving my work relationships, and then on a stalled proposal I had submitted to the Guardians and Airmen Innovation Network. I also worked with a specialty coach on managing professional connections. I made tentative progress rebooting my social media presence, but a larger, unexpected victory was setting up a system to capture daily interactions and nurture my relationships. With my coaches' help I have been changing and, as a result, things around me are starting to change dramatically.

## Importance and benefits:

Rather than giving advice, my coaches focused on asking questions that challenged me to work through my journey. Having regular meetings with them was my opportunity to tackle important things head-on that had been too easy to push aside.

## Advice for others looking to further professional and personal development:

In the spirit of coaching, I offer two questions instead of advice:

- Over the next few months, what could you do, learn, or change in your life that would have the most positive impact?
- Now, will you do it on your own or do you have someone who will help you succeed in that area better than a certified, experienced, Air-Force-funded coach?

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## Description of Your Journey/Personal Experience:

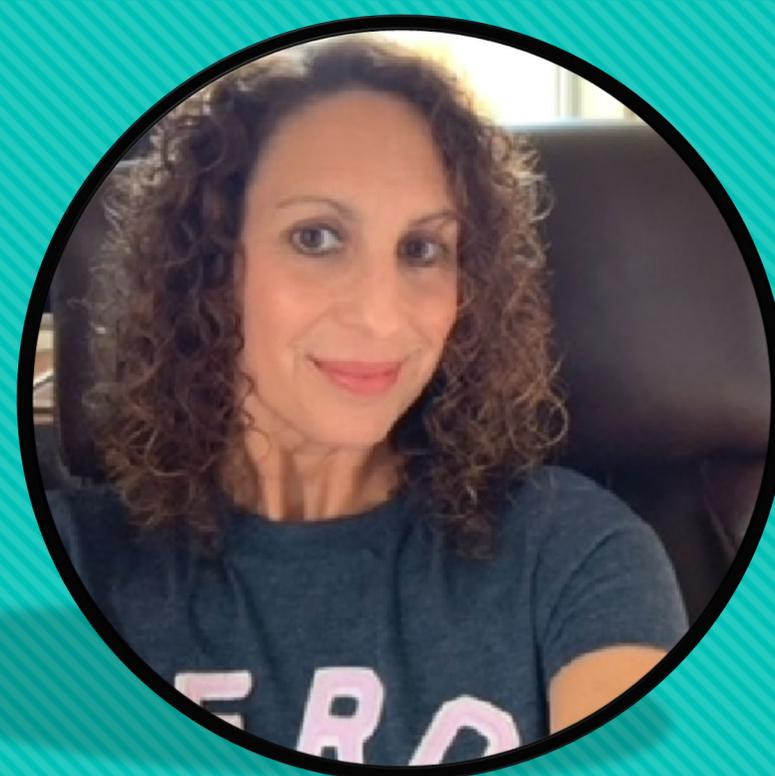
- *I am so grateful for my Coaching experience. This experience helped me gain back my confidence personally and professionally. I was in control of setting my goals, but I had to put in the work to achieve them. My coach provided guidance, tools, resources, and support to ensure I reached my goals. She was the positive push I needed to be motivated to act on making necessary changes in my life to get back on track after several major life changes.*

## Importance and benefits:

- *I am now focused more on the positives in life and work, able to look at the big picture to make better choices, strengthened my prioritizing skills, enhanced my emotional and physical well-being.*

## Recommendations/Advice for employees Looking to Further Develop Professionally and Personally.

- *I would certainly recommend this program to all! Go into this adventure open minded, have some goals in mind, and be willing to do your part to make it a successful experience for you.*



Christine Cook  
Program Analyst  
AFSC/DZDP  
Tinker AFB OK