



DAFSLDP Coaching Testimonials



Executive Coaching

"I spent more time working on myself this past year than I have in my whole career. I wish I had done it sooner in my career, but I think it will make me a better leader."

"Improved self-awareness, resilience, and preparedness for dynamic leadership changes."

"It's been helpful to have scheduled time to focus inward and look at ways to improve myself, if it wasn't on the calendar and guided by my coach, I'm afraid it wouldn't happen."

"I am more understanding of certain perspectives and I now understand why I was getting so frustrated before. I can also translate certain actions to other subordinates better."

"Helped me with clarity...clarity on the actual root cause of an issue or even exploration of areas peripheral to an issue that I hadn't thought about through the coaching dialogue."

"Coaching has illuminated other paths, beyond the one that has always previously worked, to help address issues better. Coaching has opened my eyes to new possibilities and new tools to address."

"I believe this investment made me more self-aware of my professional blind-spots. The conversations my coach and I had allowed me to see things a little different than my previous perceptions."

"I completely changed my approach to several major issues I was working through at work. This helped me not only succeed in working through challenges, but also did so in what I think was a less stressful way."

"Strengthened critical thinking skills, more creative team building and problem-solving skills. Showed me new ways to further my own coach, train, and mentor skills to develop our future leaders!"

"I think the biggest benefit is that I can focus my energies and talent better than before. I used to feel like I was constantly putting out fires and felt very much out of control of my day and time. With a more deliberate approach to work and life, I can really pick the things I want to focus on and do them well."

"I am better able to represent the voices of those I lead; I listen and work to better communicate. These things will help me be more effective for the personnel I speak on behalf of."

"Thank you for the opportunity to participate in the coaching program again...I find it very valuable and a great source of professional growth in a non-intrusive way."

"I am extremely grateful for [my coach's] ability to help me see and navigate blind spots I wasn't even aware I had. To be completely transparent, I was a skeptic at the beginning of this journey. Now I'm a true believer in the coaching process".