

Making an Appointment

Enquiries and appointments may be made in the following ways:

- ☎ telephone or email the centre
- 🖱 via SUSS Student Portal
- 👤 in person

Coaching for Personal Growth

C-three

Singapore University of Social Sciences

Room A.3.05B, Block A
461 Clementi Road
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Email: counsellingservices@suss.edu.sg

<http://www.suss.edu.sg/about-suss/centres/c-three>

Opening Hours

Mon to Thu: 8.30am to 8.30pm
Fri: 8.30am to 5.30pm

Closed on Saturday, Sunday and
Public Holidays



Connect • Counsel • Choices

C-three provides free on-site counselling and wellness services to students and staff of Singapore University of Social Sciences (SUSS).

What is Personal Coaching

- A form of learning where a coach supports you to make progress in areas you want to improve on.
- Conversations can be in person, over the telephone or Skype.

Coaching Relationship

a unique relationship that combines objective detachment and commitment to the agreed goals

What a coach will do?

- listen with a genuine curiosity
- understand you and your world
- provide an objective assessment
- challenge and empower you

What a coach will NOT do?

- instruct you to do something specific
- do the task for you
- take the responsibility away from you

How does Coaching Work?

A coach blends skills of questioning, listening, observations, and providing feedback to create conversations rich in insight and learning. With the right focus on your circumstances, you can develop greater awareness and understanding. You can gain fresh ways to resolve issues, produce better results, and achieve your goals.

Benefits of Coaching

- improved sense of direction and focus
- accelerated learning around a topic, e.g. managing people, relationship, influence
- improved performance in an area, e.g. career, health, finance, etc
- increased knowledge of self
- improved personal effectiveness, e.g. focused efforts on priorities
- increased motivation or sense of personal engagement
- increased resourcefulness and resilience, e.g. managing stress, adapting to changes

Source:

Starr, J. (2016). *The coaching manual: The definitive guide to the process, principles and skills of personal coaching*. Harlow, Royaume-Unis: Pearson Education.

Prepare for Coaching

1. What are the areas or topics that I want to work on?
E.g. personal, professional, life goals.
2. What goals would I like to make progress in?
3. What learning and self-development goals do I have?
E.g. improve on public speaking, excelling in studies.