



"I don't know if I can do this", said Ankur as he sat facing his coach, feeling hesitant.
"It's ok. You take your time. I believe in you."

These were the words he heard his **coach** speak and the next thing he knew, he was sharing his mind out, slowly paving a path to feeling hopeful again.

Such is the beauty a coach can bring into our lives. Researchers say that coaching creates a space for us to build on positive emotions and flourish.

According to the Experts, a coach helps us -



Normalize feelings

A coach listens to our feelings without a filter, inquires further deeply, and helps find underlying emotions. Research says that pushing away feelings and thoughts makes us end up having more of such thoughts and feelings than we started with.



Develop acceptance

According to Experts, our failures or insecurities don't define us as a person. A coach on the other hand helps us accept who we are by empowering us to see our true selves. Science has associated such self-acceptance with high self-esteem and pride.



Gain new perspective

Dealing with problems isn't easy and can often bar us from seeing the bigger picture. Working through our problems with the help of a coach allows us to see the issue with fresh eyes. Studies have shown that new perspectives lead to reduced stress.



Provide sense of purpose

Psychologists say that periodic check-in and feedback from a coach can help us with a sense of purpose to be better. This leads to accountability. Experts further say that under such observation, we tend to follow through on commitments and perform better.

The bottom line is a coach is no less than an unbiased and honest person who's only here to empower you and guess what?

Your emotional wellness coach serves the same purpose. Have something on your mind

that you'd like to share?

CONNECT TO AN EXPERT NOW

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at corporate@yourdost.com.

**Standing with You,
Team YourDOST**
