

ARE YOU LOOKING FOR MORE  
OUT OF YOUR BUSINESS?



# HERE'S HOW BUSINESS COACHING CAN HELP

The International Coaching Federation (ICF) surveyed their coaching clients to find out if they benefitted from various coaching programs. Here's what they found...



**62.4%** SMARTER  
GOAL-SETTING



**60.5%** MORE  
BALANCED LIFE



**57.1%** LOWER  
STRESS LEVELS



**43.3%** MORE  
SELF-CONFIDENCE



**52.4%** IMPROVED  
QUALITY OF LIFE



**25.7%** MORE  
INCOME

Statistics provided by a study conducted by  
International Coaching Federation (ICF) in November 2020.

Interested in business coaching?  
Let's chat! Book a call with me here:  
[info@elevatebusinesscoaching.com](mailto:info@elevatebusinesscoaching.com)



[elevatebusinesscoaching.com](http://elevatebusinesscoaching.com)