

## How Do You Know If You Need an Executive Coach?

By: Reginald Winston is CEO of R. J. Winston Consulting

We all face frantically busy professional lives; so busy we frequently neglect pursuing the time and effort to improve ourselves. Yet that self-improvement is critical to the success of our career and advancement. How do you know when you need an Executive Coach? If you answer yes to any of the following questions, it may be time for you to make the time and effort and guarantee your success with Executive Coaching services:

- Have you recently moved to the next level in your organization?
- Have you been identified as a high performer on your team?
- Are you having difficulty in adjusting to new or current position?
- Are your professional goals foggy & undefined?
- Is your current position “where” you want to be in your career?
- Are past career events or failures preventing you focusing on the present?
- Do you feel like you need to further develop your career & interpersonal skills?
- Are you faced with a career changing decision?
- Do you feel it would be a sign of weakness to work with an Executive Coach?

If you would like to learn more how you can benefit from Executive Coaching, contact RJ Winston Consulting, Inc. (708.227.1254) or visit our website: [www.RJWinston.com](http://www.RJWinston.com)

**About the Author:** Reginald Winston, CEO and founder of RJ Winston Consulting, Inc. has 25+ years' experience in Organizational Development with a focus on Executive Coaching & Training, Team Building, Group Facilitation and Conflict Management. Before consulting, Mr. Winston held positions in numerous large organizations including Ameritech, SBC, Motorola, Advocate Health Care, Corning Consumer Products and the Federal Reserve. In addition, Mr. Winston's service in the US Marine Corps and assignments with the United States Department of State gives him a unique insight in the challenges management teams & leaders face in the expanding global world market. Mr. Winston has extensive experience in working with Hospital Administrators and Senior Medical staff (doctors, nurses and executive-level hospital administrators) in a wide variety of hospital settings and departments. Mr. Winston holds a Master of Science Degree in Organization Development (MSOD) from Loyola University, in Chicago, Illinois.