



UNLOCKING POTENTIAL: A PERSONAL JOURNEY THROUGH COACHING

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The crossroads

Two years ago, I found myself standing at a crossroads. My personal life, mirrored misery, feeling more like the twists and turns of a torpedo than the fulfilling existence I had envisioned. The zest for life I once had seemed to have faded, leaving behind a sense of unfulfillment.

The awakening

The decision to seek help came and I searched for the reasons behind my discontent. I then came across 'life coaching'. Feeling sceptical, I could not understand how coaching could untangle the cobwebs in my life. Yet, part of me was so desperate to seek help and I stepped into action. This time it was different. I leapt into taking up a coaching course to coach myself. That was the beginning of a transformative journey for me.

The Coaching Chronicles

I had signed up for a coaching course and I was greeted by a coach who was a coach-mentor, a game-changer and a cheerleader. The class was full of energy and we had exchanges of coaching sessions with the rest of the coachees. During these intensive sessions for over a year, I reflected, I unravelled the deep hidden beliefs and values that steered my life and how these had played a significant role in bringing out the best in me. When I steered my life away from my beliefs and values, fears and disappointments had set in. These were the major reasons for the unfulfilling life that I had set upon me.

Moments of Revelation

One of the most surprising facts came when my coach asked, "What would you do differently if you knew you could not fail?" These question took me off guard. This powerful questioning techniques in the coaching course unearthed the dreams that I had long buried due to self-doubt and lack of confidence.



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The growth and the resilience crept out slowly chipping away the walls that I had erected around my true potential. Through various tasks like goal-setting, bringing awareness within one, making choices and being responsible for actions, I learnt the power of setting intentions, the art of journaling, the art of mindfulness, the courage to take that step out of my comfort zone. Get comfortable with being uncomfortable. Be not afraid of discomfort.

The Transformation

The turning point came when I realised the power of coaching after finishing the course. I was encouraged to create my own coaching community, something I had never dared attempt. I navigated social media and technology to plan and execute my own coaching community. The project is ongoing though not a success yet but it is a testament to the growth I had undergone. It was a symbol of what I could achieve by stepping out of my comfort zone.

The Journey Continues

Today, I stand in a very different position from where I began. Coaching has not only brought the true potential within but has equipped me with the tools to continued growth and transformation. My career has taken a new leap, my relationships are filled with genuine connections, and overall I have moved to my highest performance.

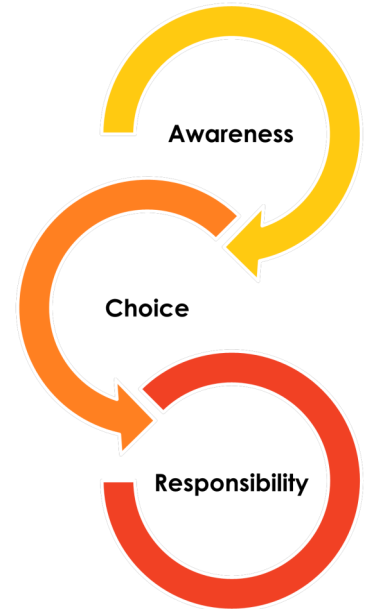
The Ripple Effect

The impact of coaching has rippled beyond my imagination. It has influenced how I interact, empathise and empower others. I have become a coach to friends, family and my coaching peers, sharing the insights and tools that have tremendously shaped my journey.

A Beacon for Others

To those standing at their own crossroads, Coaching has unlocked my potential. It has made me discover many uncomfortable truths and the true potential I had within me. My true potential allows me to bring myself to my highest performance.

“The only person who can change is you. Break those walls, transform and grow. Coaching was my fuel; perhaps it could be yours too.



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