Benefits of Using a Coach

Professional coaching has delivered many benefits to some of today’s leading business professionals. Oklahoma State University is now providing an opportunity for students to experience that same level of professional and personal development through the Academic Success Coaching program. This program provides students the opportunity to engage in a professional relationship that enables them to develop a plan for short and long term success. Coaching empowers students to achieve a sustainable shift in thinking and performance that motivates them through the discovery and maximization of their strengths, values, passions, and abilities.

Data derived from business professionals using an ICF certified coach - the same training that Success Coaches are currently receiving.

Increased Productivity

Professional coaching maximizes potential and, therefore, unlocks latent sources of productivity.

Positive People

Building the self-confidence of employees to face challenges is critical in meeting organizational demands

Satisfied Clients

Virtually all companies and individuals who hire a coach are satisfied

Source: ICF Global Coaching Client Study was commissioned by the ICF but conducted independently by PricewaterhouseCoopers

For more information, please visit lasso.okstate.edu/success-coaches or contact Lasso at (405) 744-3309 and successcoach@okstate.edu