

How Could an Attorney Benefit from Executive Coaching?

Successful attorneys often are required to develop the ability to cope with emotional struggles, intellectual challenges, and managerial dilemmas. Attorneys are sometimes confronted by disappointed, angry and/or frustrated clients, unpredictable judges and juries, and unreasonable opposing attorneys. The goal, of course, is not to pretend to be able to avoid such confrontations. They are inevitable. A more realistic and prudent approach would be to examine how one responds to such challenges and what impact the response has on the attorney's professional effectiveness and personal well-being. Executive Coaching helps an attorney analyze this and make changes in his/her responses so that these challenges and others like them become opportunities rather than threats. The focus in effective coaching is on finding new ways of behaving and thinking. The coaching relationship is a more collegial one than is the psychotherapy relationship. There is also more flexibility in the coaching relationship. For instance, coaching sessions sometimes are longer than psychotherapy sessions. In addition, coaching typically does not involve the regularity of meetings that psychotherapy requires. Finally, coaching sessions can be held in either the coach's office, in the client's office, or via the telephone.