

# WHS OSD Coaching Program



## Overview

<i>What is the WHS OSD Coaching Program?</i>	The Washington Headquarters Services & Office of the Secretary of Defense Coaching Program provides confidential coaching services at no cost to civilian employees who receive human resources support from the WHS Human Resources Directorate.
<i>Target Audience?</i>	Civilian employees permanently assigned to Washington Headquarters Services (WHS) or the Office of the Secretary of Defense (OSD) Components may access coaching services through this coaching program.
<i>What is coaching?</i>	Coaching is a powerful partnership between the client and coach, in support of the client's goals and definition of what it means to flourish in life's many dimensions. By harnessing intrinsic motivations and asking powerful questions, coaching fosters discovery, insight, and goal clarity.
<i>Where do I learn more about receiving coaching services?</i>	Your first step to learn if coaching is right for you is to enroll in a Coaching Program Information Session. Virtual sessions are held monthly.  Enroll via iCompass at <a href="https://whs.sp.pentagon.mil/lms">https://whs.sp.pentagon.mil/lms</a> Search for "Coaching Info"  Or contact us at <a href="mailto:WHS.HRD.IOD@mail.mil">WHS.HRD.IOD@mail.mil</a>
<i>What are some of the benefits of partnering with a coach?</i>	From heightened self-reliance to enhanced job satisfaction, the impacts of coaching ripple through every aspect of your life. Coaching clients report positive impacts to career and life: <ul style="list-style-type: none"><li>● Discovering and overcoming self-limiting beliefs</li><li>● Becoming more self-reliant and increasing confidence</li><li>● Contributing more effectively at work</li><li>● Fostering resilience</li></ul>
<i>Contact us</i>	OSD WHS Coaching Program Coordinator  Individual and Organizational Development  <a href="mailto:WHS.HRD.IOD@mail.mil">WHS.HRD.IOD@mail.mil</a>