

New internet based coaching for busy career women

Now there is help on the way for the women who have too few hours in the day for both career and family life. With the Internet service CoacheGo, they can now get professional coaching around the clock. To ensure that the women feel that they are successful they get concrete follow-up via email.

Copenhagen on the 5th September 2011:

"When women today opt out of coaching, it's usually because they cannot find time for it. Additionally, many find it difficult to get going when they do not know what they get out of it eventually," says partner and co-founder of CoacheGo, Mike Martinussen.

CoacheGo is Danish designed, and consists of professional life and business coaches, NLP coaches, psychotherapists and experienced leaders from the professional life, who are used to help people and employees to achieve their goals, and develop their skills.

Although coaching today is offered in many areas, and more professional coaches are educated, we believe that the demand for online coaching is not met, says Mike Martinussen. Therefore he believes in the new digital Internet service where busy women can be coached anytime and anywhere.

This removes the need for women to spend a whole lot of time and money to find, plan and implement coaching. With CoacheGo women can immediately get started on a confidential coaching.

Reflection

Unlike the personal coaching that you get with countless coaches both at home and abroad, CoacheGo is based on self-coaching and technology. The tool helps the users to reflect on their goals and obstacles and constantly being confronted with their decisions. The goal is to make the user's goals specific, achievable and measurable.

Follows up automatically

"A major shortcoming of personal coaching, is that the activities you identify is often not "followed up" on. Therefore CoacheGo ensure to automatically follow up the activities and objectives which the user has set. This increases the chance of success significantly," said Mike Martinussen.

Therefore, women are asked to decide when to implement each activity in their action plan. Subsequently, they receive a reminder via e-mail at the current day.

Everyday life

With CoacheGo you can "fit your coaching" in to everyday life, and work with your goals and desires in the rate, time and energy that fits you. It can be 5 minutes here and there, or ½ hour at a time. Ultimately it's about the fact that women are provided with some tools available that fit into a hectic schedule.

For further information please contact:

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About CoacheGo:

The idea behind CoacheGo is to provide a basis for fast, efficient and accessible coaching online and available in both Danish and English. See www.CoacheGo.dk and www.CoacheGo.com. At CoacheGo the users is constantly challenged with their goals and mental limitations. Even when the user has completed the first coaching session, there is an action plan consisting of a variety of things, the user must do, to achieve their goals.