

# Clarify Goals & Develop Sustainable Change

## About Janet Boguch



Owner & Principal,  
Non-Profit Works &  
Wide Angle Coaching

# Wide Angle Coaching™

Why do clients choose to participate in coaching?

To develop management or leadership skills and increased competencies.

To increase confidence.

To manage time more effectively.

To develop a better work-life balance.

To handle stress better.

To navigate personal or organizational change.

To gain clarity about a career path.

To prepare for or manage a transition.

To improve relationships.

To address specific organizational challenges.

Janet is a skilled, experienced, creative coach, consultant, facilitator, trainer and speaker. She is respected for her ability to motivate people to achieve results.

### Wide Angle Coaching

As an ICF certified professional coach, Janet received her training through Hudson Coaching Institute of Santa Barbara, one of the nation's leading coaching and leadership programs. Janet specializes in leadership/management coaching and in transition/career coaching.

### Non-Profit Works

Since 1988, Janet has provided organization development and nonprofit management consulting services to many hundreds of nonprofits of all types and sizes.

### TableTalks & BoardTalks-Peer Learning Groups™

Janet is founder, facilitator and coach for peer learning groups that serve nonprofit professionals and board members. Monthly three hour sessions serve as a forum for leadership and organizational development.

please visit [www.janetboguch.com](http://www.janetboguch.com) to learn more.

Janet Boguch, MA, is a professional, certified coach who works with those seeking to improve an aspect of their work or life through clarifying and achieving goals.

The ultimate goal of coaching is to help a person or a group move to a new action or behavior while learning, growing and developing.

*"Sometimes we get to the top of our ladder and find it is against the wrong wall!"*

Joseph Campbell



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## Leadership & Management Coaching

Janet works with managers and leaders who are interested in developing their competencies and confidence. She coaches emerging, mid-level and senior managers facing particular challenges or who want to improve specific skills.

*Have you agreed to take on a stretch assignment or a new position? Have you experienced a significant 'failure'? Are you coping with a challenging boss or competitive peers?*

These are examples where coaching can be very helpful.

***"Janet has an amazing gift to keep you on track and focused as you determine the goals you want to achieve and just as important - how you can make them happen!"***

Executive Leadership Coaching Client

## Transition, Career & Next Steps Coaching

Janet has offered career development courses over the years at universities and colleges.

She understands the cycles of human development and what is involved in moving through transitions.

Janet excels in providing tools, strategies and connections that help clients find their calling or rewarding work.

*Are you exploring what you want to do next in your life? Have you been at an home parent and are trying to figure out your next steps? Maybe you are considering what your life will be like after 'retirement'?*

Janet provides a structured methodology to help guide transitions like these through the coaching process.

## Learn More About Coaching

Wide Angle Coaching™ sessions are held in Janet's Capitol Hill/Seattle comfortable and accessible office. Telephone sessions can also be scheduled.

To learn more about Janet's coaching approach, please visit [www.janetboguch.com](http://www.janetboguch.com) or contact her at [jb@janetboguch.com](mailto:jb@janetboguch.com).

***"The value of this experience has been so much more than career related! I've already started using the things I've learned about myself ... in every other aspect of my life. I am constantly amazed and surprised at how much my perspective has shifted since we started meeting."***

Transition Coaching Client

Coaching borrows from consulting, psychology, neuro-science and therapy.

### Consulting

paid to come up with answers and expertise  
focuses on performance  
strives for objectivity  
provides quantitative analysis of problems

### COACHING

advises individuals  
involves goal setting  
based on individual & organizational ethics  
paid for by the individual or organization

**focuses on the future**

**fosters individual and group performance**

**helps individuals discover their own paths**

paid to ask the right questions  
tackles difficult issues at work and home  
focuses on individual behavior change  
explores subjective experience

### Therapy

focuses on the past  
provides diagnoses and treats dysfunctionality  
based on medical ethics  
paid for by the individual