



Journal/Oscar Salinas

Fulfilling potential

Jennifer Corbin of Park Forest left a secure position in a Chicago law firm to become a full-time professional coach. She said one of coaching's goals is helping people use their natural gifts and live according to their values.

Living according to gifts, values

By Cora Weisenberger
Journal writer

Is it possible to have a financially and personally rewarding career and a fulfilling personal life? Many working people dream of achieving this elusive combination but don't know how to accomplish it. Instead of being a dream, however, it may be obtainable through the use of professional coaching.

Professional coaching, also known as business coaching, has been called a distinctly 90s profession. It uses techniques found in psychology, career counseling, motivational training, as well as spiritual concepts in helping people live according to their

on coaching and thought it would be an interesting topic for his show.

He never used the idea, but Kevin was drawn to coaching. "I thought there were areas where my goals needed to be focused. I'm just a person who thought he could accomplish more if I was better organized," he said. "I was satisfied with my life but I thought it was necessary to kick it up to the next level. It made me think what is life besides TV." Kevin has been working with Corbin since July.

The price for coaching can cost up to \$500 for four weekly sessions, although the industry standard is \$250. Corbin said her rates fluctuate depending on the client. Some coaches

Saliga said her coach taught her the importance of setting personal and professional limits. "I was driving myself nuts," said Saliga.

Now, she no longer pursues difficult clients and uses voice mail instead of answering the phone at all hours. "Jennifer wants you to take time for yourself and family."

By organizing and prioritizing, Kevin said he is now more efficient and productive. "Sitting down in a clean, organized office has given me a positive energy boost. I feel better when I'm in an organized environment. I feel better about being at work." Kevin said he now has more time for leisure activities, such as practicing his saxophone.