



# COACHING INFOGRAPHIC

**80% of coachees report increased self-confidence**

(Institute of Coaching)

**70% of coaches improve work performance, relationships, and communication**

(Institute of Coaching)

**89% of business owners who don't have a mentor wish they did**

(Kabbage)

**88% of business owners with a mentor say that having one is invaluable**

(UPS)

**Coaching clients report that they improve relationships (73%), communication skills (72%), interpersonal skills (71%), work performance (70%), work/life balance (67%), and wellness (63%) thanks to coaching**

(2009 ICF Global Coaching Study)



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**99% of individuals and companies who hire a coach are "satisfied or very satisfied" and 96% say they would repeat the process**

(ICF Global Coaching Client Study)

**86% of companies that could calculate their return on investment said that they at least made back their initial investment**

(2009 ICF Global Coaching Study)

**19% indicated an ROI of 50x the investment**

(2009 ICF Global Coaching Study)

**28% saw an ROI of 10-49x the investment. The median ROI is 7x the investment**

(2009 ICF Global Coaching Study)

**According to a study, coaching has a 221% ROI**

(International Society for Performance improvement)