

# 5 Ways TECHNOLOGY IS CHANGING COACHING NOW AND IN THE FUTURE

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# 1

## BETTER COMMUNICATION BETWEEN COACHES AND THEIR CLIENTS

Video conferencing via Skype, Google Hangouts and Zoom help both busy clients and coaches communicate virtually face-to-face with each other at a distance.

## EXPERIENCE MATTERS!

Facial expressions, tone of voice, body language and eye movements can be recorded to give insights into the client's emotional state. Apps such as Winning Minds can give recommendations based on an individual's interest.

# 2

# 3

## BUILDING AN EFFECTIVE PERFORMANCE MEASUREMENT SYSTEM

By collecting the result of online psychometric tests such as MBTI, EQ Quiz, and Big Five personality traits, coaches will have a better understanding of the clients

## HOW ABOUT SELF-TRAINING?

Platforms like Apple Watch or PocketConfidant will tell you to do more exercise, complete the tasks given.

# 4

# 5

## IT'S LESS EXPENSIVE THAN BEFORE

Back in the day, training materials weren't that easy to find. Now we use technology to mix and match, and a lot of tools out there are free to use.

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