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# Professional Coaching

Is this for me?

- You're stuck in a conflict
- You've run out of ideas
- You want to avoid conflict in a meeting
- You know how to handle the situation but still want a "second opinion"
- You're considering mediation but aren't sure it will work in your situation
- You want help with your communication skills

Your Next Step

Contact Us for a free consultation or to learn more about coaching

Resources

Go to [Communication](#) at our [Tips and Resources](#)

Sometimes, perfectly capable people get stuck or need a little help in achieving their goals. MFR coaching might be just the help you need. We can guide you in improving how you communicate or manage conflict. Our professional coaching staff can help you focus on the problem to be solved. We can support you in getting what you want and at the same time help you strengthen relationships vital to you or your organization's success.

How Coaching can help you

- Get valuable advice on handling difficult relationships or sticky situations
- Think critically and clearly about your situation, consider options, develop a plan and get help with follow-through
- Develop measurable goals and get support to carry them to completion
- Save time, money and stress by learning to prevent or resolve conflicts that are reducing your effectiveness
- Communicate in a manner that can be heard by others

Why MFR?

We coach, support and work with people in conflict every day. We have helped hundreds of people like you to think through difficult situations or relationships and to explore and carry out smart strategies.

**Cost:**

Your initial consultation is always free; most housing-related Coaching is FREE. Visit the Professional Coaching section at Professional Fees