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RECTOR'S MESSAGE



I would like to extend my gratitude for your visit to FBM Insights Volume 8, a publication brought forth by the esteemed Faculty of Business and Management, UiTM Kedah Branch. This bulletin endeavours to present a concise and beneficial collection of important insights and research findings derived from the domain of social sciences.

FBM Insights aims to simplify complex social science concepts into easily digestible bullet points, making valuable knowledge more accessible to a wider audience. In this bulletin, each article provides a glimpse into the diverse and dynamic world of social sciences, including psychology, sociology, economics, finance, and other pertinent fields. Through concise and informative summaries, the intention is to promote a deeper understanding of human behaviour, societal trends and the multifarious factors that shape our world.

My heartfelt appreciation is proffered to the dedicated researchers and scholars whose works form the foundation of this bulletin, contributing significantly to the ever-changing landscape of knowledge in social sciences. In navigating the modern era's challenges and opportunities, the intrinsic value of social science research in guiding policy decisions and fostering social cohesion cannot be overstated.

I sincerely hope that this bulletin will spark readers' curiosity and inspire them to delve deeper into the myriad facets of human society and behaviour. Irrespective of whether you are a student, educator, or policymaker, I firmly believe that this publication will serve as an invaluable resource in your quest for knowledge.

Once again, thank you for embarking on this journey of discovery with us. Together, let us explore the captivating world of social sciences and its profound impact on our lives.

Thank you.

Prof. Dr. Roshima Haji Said

Rector Universiti Teknologi MARA (UiTM) Cawangan Kedah

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THE VALUE OF COACHING ON THE EMPLOYEE AND THE ORGANIZATION

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INTRODUCTION

Due to intense global competition, organizations are becoming increasingly aware of the importance of human resources. Effective human resources are also viewed as a primary source of competitive advantage that propels businesses to success. To enhance the performance of the organization, human resource management is investing in its human capital to develop its talents. Organizations are turning to coaching to improve employee performance and gain a distinct competitive advantage in the market. By introducing coaching, they are targeting personnel in their business, hoping to improve each one's performance.

THE VALUE OF COACHING

Coaching is the process of enhancing a person's abilities and knowledge so that their job performance improves, hopefully resulting in the accomplishment of organizational objectives (Grant, 2017). Coaching is a professional relationship between a coach and a coachee that is mutually beneficial and centered on the coachee's goals (Passmore & Lai, 2019). The coach functions as a consultant who employs various behavioural techniques and methods to assist the coachee in achieving a set of goals (Schultz, 2022). Internal coaching can occur when managers and leaders engage employees in formal or informal coaching sessions that become a style of leadership (Schultz, 2022). It can also take place externally, with an external coach working with managers and leaders, which is referred to as an intervention (Grant, 2017).

According to Passmore and Lai (2019), coaching entails a two-way information transfer: the coach responds to information about the coachee's requirements, while the coachee receives aid and concrete direction from the coach. The success of the coaching is largely determined by the coach chosen for the coaching sessions (Allan, 2013). High-level coaches can assist in strengthening employee abilities, procure resources to increase self-awareness, endorse behavioural change, and stimulate self-development and achievements (Kets de Vries et al., 2010).

VALUE OF COACHING ON EMPLOYEE

Coaching nowadays encompasses a broader view of the workplace, including promoting the psychological health of employees. Psychological well-being comprises all abilities that improve an employee's personality, thinking, and temperament, such as improved self-efficacy, confidence, and stress management (Christina & Holger, 2021). Effective stress management skills enhance interpersonal interactions, and resilience can help employees maintain psychological wellness (Christina & Holger, 2021). As an outcome, coaching enables individuals

to create better improvements in their personality, thinking, and attitude, enhancing their work performance and life satisfaction (Kets de Vries et al., 2010).

Coaching is incredibly valuable and effective in that it sheds light on human needs and how they should be addressed (Allan, 2013). Schultz (2022) asserts that coaching enables people to evolve professionally. Coaching has been associated with increased employee satisfaction and work-related performance (Ellinger et al.,2003). This individualized approach motivates employees to work, take more initiative, and produce outcomes that exceed expectations (Grant, 2017). In this sense, the emphasis is on coaching objectives emphasizing improved employee performance (Grant, 2017).

VALUE OF COACHING ON ORGANIZATION

Coaching is valued because it enables managers and employees to learn and grow, ultimately enhancing their individual potential and effectiveness (Schultz, 2022). Baron and Morin (2009) affirm that coaching has a favorable impact on employee performance and an organization's overall profitability. In addition, according to Soha and Ester (2016), coaching thereby assists employees in boosting performance and reaching organizational goals. This entails the coaching process of assisting and inspiring an individual or group to create ways of thinking, a state of being, and learning methodologies (Berg & Karlsen, 2012).

Furthermore, coaching has value in improving the decision-making process and encourages the introduction of innovative ideas and the production of alternatives, which will inevitably result in faster organizational advancement (Soha & Ester, 2016). Coaching is viewed as an effective skills development strategy that positively influences organizations (Schultz, 2022). This induced creativity results in improved organizational operations, which are essential to an organization's prosperity and success (Cho & Pucik, 2005). Consequently, this updated human resource practice is acknowledged as an effective means of increasing employee performance and fostering organizational change and expansion (Christina & Holger, 2021).

CONCLUSION

In summary, coaching provides employees and organizations with many advantages. It induces positive behavior by encouraging employees to become more engaged and assume increased responsibility and obligations. Coaching will ultimately raise employee motivation and inspire them to perform better at work. Coaching enhances an organization's competitive standing by boosting organizational performance and output. If the organization has competent employees, it can remain competitive in the current market. Coaching unlocks the employee's potential; hence, it is a crucial component and can be advantageous for an organization that is unsure of how to maximize its potential.

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