

The demand for coaching services has grown significantly in the digital age, with online coaching platforms becoming prevalent. Some now feel online coaching is a superior option to in-person coach. To what extent do you agree or disagree?

Essay:

In recent times, digital coaching services have experienced a surge in demand, leading some individuals to consider online mentorship superior to traditional in-person coaching. However, I'm inclined to disagree due to reasons like personal effectiveness and the reliability of online tools.

One of the primary reasons for the surge in online coaching services is the diminishing level of self-confidence and diligence amongst people. In today's fast-paced world, individuals often feel bombarded with various expectations and aspirations, making it overwhelming and causing a loss of focus. However, choosing a specific goal and devoting consistent effort towards it is a better approach. In doing so, individuals adopt the position of being their own 'coach', maximizing their potential.

Additionally, the reliability of online coaching services can be questionable. The needs of every individual seeking self-improvement are multifaceted and unique to their personality and life experiences. Hence, a one-size-fits-all approach, often promoted by online coaching, falls short in considering these individual differences. There may also be an argument concerning the unique resources provided by online services. However, a firm believe in oneself complemented by diligent practice often outdoes any externally provided resources; as evidenced by the successes of numerous figures who had no form of coaching.

In conclusion, the growing demand for online coaching services does not necessarily negate the value of an individual being their own self-coach. It is vital not to conflate popularity with effectiveness.

Word count: 262

Essay translated in Korean:

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Good expressions:

- 1. "I'm inclined to disagree" -
- 2. "a firm believe in oneself" -
- 3. "conflate popularity with effectiveness" -