

## MORE ABOUT COACHING

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Like anything in life, with coaching, you truly get out of it what you put into it. I want you to benefit greatly from the time we have together each week and also during the time in between our sessions. Most of the work will occur between our sessions. This brief guide is what most of my clients do to maximize the value from their coaching with me.

### Use your Coaching Plan

Coaching works best when you have clear outcomes you are committed to achieving that are based on your needs and values. Together we will create a Coaching Plan for you that contains your goals, or outcomes. It is important that you review this plan at least weekly. This is our roadmap, so it is important that we both keep in mind where we are going.

### Get to know yourself in a new way

Working with a sensitive and empathic coach is a healthy way to grow. Most clients hire a coach to accomplish several specific goals, and much of the time and focus is spent on these goals. Yet, with coaching don't be surprised if you discover new parts of yourself and then find your goals adjusting to who you really are. This discovery process is natural, so you needn't rush it; just realize it will likely happen. Accelerated personal and professional growth is the hallmark of being coached.

### Double your level of willingness

Part of working with me as your coach is that I will ask a lot of you. I will always check in with you to make sure you are taking on the amount that is best for you, but it is my job to challenge you beyond where you challenge yourself. Coaching will be far more beneficial to you if you are willing to experiment with fresh approaches and be open to redesigning the parts of your life that you are able to right now. This will help you more easily reach your goals and live an integrated and fulfilled personal and professional life, using the gifts you have and enjoying life as it was meant to be enjoyed. So my request is that you be willing to:

- Change your behaviour
- Examine the assumptions and decisions you've made
- Experiment and try new things
- Start telling what's really true, regardless of the consequences
- Remove sources of stress
- Redesign how you spend your time
- Get the support you need
- Set goals that are bigger than before
- Stop tolerating mediocrity in your life

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### Come to the coaching call/meeting prepared with what you want to discuss and what you want to walk away with

We have 60 minutes together, and the best way for us to use this time is purposefully. Please come to the call/meeting with a purpose – why are we having this call/meeting today? What do you want to discuss? What will most benefit you to discuss this week in achieving the outcomes on your coaching plan? Also, you should come with an outcome you want to achieve by the end of our meeting. What would you like to walk away with? Insight on an issue? A plan? Clarity? This will provide us with a roadmap for the meeting. Like any good map, knowing our outcome will let us know if we have arrived at our destination by the end of the meeting.

### Know yourself well between our sessions

Coaching can require energy: emotionally, intellectually and physically. Given this, I suggest you take extraordinary care of your health and emotional balance while being coached. Only you know what this looks like, but I suggest you go much further than you ever have in this regard. The place to start is to develop a list of 10 daily habits that keep you well. Some of the habits my clients have developed into a routine are: walk or take other exercise, reduce fat intake; read; listen to great music; get more sleep; meditate; take vitamins; take time for yourself every day.

### Do your homework each week

Each week you will make “declarations”. These are tasks, actions, results, or changes you commit to doing before our next meeting/call. It is important you apply yourself and use the homework to help you achieve your personal and business goals. And be willing to examine what got in your way if you do not complete your declarations, remembering “what shows up here is a mirror for your life”. We examine un-kept declarations and agreements in the coaching relationship to learn what might not be working in other areas of your life.

### Offer feedback to your Coach

It is important that we create a coaching relationship that works for you! All clients are different and have different needs and ways of learning. Please tell me any time something does not work for you so I can adjust to be the very best coach I can for you. Also, tell me if there is something that works particularly well for you so I can continue that. The coaching relationship is a partnership and is founded on open and honest communication.