

Successful Coaching Relationships

Coaching is a client-initiated process. Make the most of your coaching relationship with these ideas:

1. Make a list of your strongest desires and goals in your personal and professional life.

Coaching fosters the realization of extraordinary results when you have established clear vision and goals, which are based on your values.

2. Get to know yourself in a NEW way.

Working with a skilled coach is a powerful way to grow. Most clients work with a coach to accomplish several specific goals. Yet don't be surprised if you discover new parts of yourself, or if you find yourself adjusting your goals to match who you have discovered you really are.

3. Expand your level of willingness.

Experiment with new ideas. Be open to redesign the parts of your life that no longer serve you and your vision. Be willing to:

- » Change your behavior.
- » Remove sources of stress in your life.
- » Redesign how you spend your time.
- » Reconsider the assumptions and decisions you've made.
- » Identify comfort zones in which you are stuck. Be willing to step into areas of discomfort.
- » Raise your personal standards.
- » Gather support to tackle any obstacles that hinder you from actualizing your full potential.

4. Come to the coaching session prepared, with an agenda.

Our time together is limited. In order to get what you want from the session, come prepared with the topic(s) you want to share and discuss. I will provide a Coaching Session Prep Form to help your preparation time. Consider your recent thoughts and actions in these areas:

- » Successes you've experienced since our last session.
- » Challenges you've faced and how you've handled them.
- » Opportunities you're attracting.
- » Breakthroughs or new awareness that excite you.
- » Desired outcome for your next coaching session.
- » Areas you would like to work on next.

5. Do your homework.

Based on our coaching conversations, you will determine your fieldwork consisting of tasks, actions, results, or changes you commit to complete before our next conversation. The fieldwork is designed to create continual forward motion for achieving your goals.