



Get The Most From Your Coach

Use your coach as a resource, not as an answer.

Your coach has lived a lot, seen a lot and coached others who are facing similar challenges. Your coach has been trained to listen, inspire, educate, manage and guide. Your coach has been trained to initiate conversations, share ideas, make requests, clarify your thinking and support your decisions. Your coach does not have the answers. But you do. Your coach will help you discover them for yourself. So let her.

Keep and be on time for your coaching sessions.

It is not an exaggeration to say that you'll probably reach your goals faster if you make your coaching sessions a priority. Do not cancel. Do be on time. To be on time for an in-person or phone appointment is to be there (rested, present and ready to work) at the prearranged time. Coaching is an investment you make in yourself.

Come to the coaching call prepared, with an agenda.

It's your goal and vision. It's your life. It's your problem. It's your opportunity. So, get what you want out of each session, don't wait for the coach to initiate. Come to each session with a list of questions, a concern, an opportunity, you want advice about and/or a problem to solve. Use the Session Prep form. Set the pace and the coach can help.

Relentlessly get your needs met.

Needs? Like air, water, shelter, love? Yes, but there are others which, when not met, keep you from expressing your values, reaching your goals and living your vision. Ask your coach to help you discover what's critical to get what you need in life. Getting your needs met is not optional.

Inspire the coach, in good times and bad.

A coach wants to be inspired by you, your actions and what is happening in your life. It's easy when things are going well, but how do you inspire the coach (and yourself) when you've hit a snag? You do it by being human, fully communicating about your feelings, by listening to the coaching and stepping back up to the plate when you're ready. A coach wants to be inspired, not impressed.

Get yourself heard.

Being fully listened to is an integral aspect of coaching. The more you are fully heard, the more you can accomplish. So, make sure your coach is hearing all of what you're saying, even if you can't articulate it fully. All you really want in life is to be fully heard.

Underpromise, don't overpromise.

Sometimes you may find yourself promising yourself and your coach too much. Experience has shown that most clients do better promising less and accomplishing more. Playing catch up with too many promises to too many people robs you of energy. Underpromise, produce more; enjoy the surplus.

Tell others about being coached.

Having a coach should not be a secret. You may find it empowering to share with others what you are learning and accomplishing with your coach. Remember, you are the lucky one to have a coach to work with. You are great! You grow faster and accomplish more with a great coach.

Keep yourself well between sessions.

Coaching can require energy: emotionally, intellectually, and physically. Given this, I want you to take extraordinary care of yourself while being coached. Only you know what this looks like, but I suggest you go much farther than you ever have before. Develop Ten Daily Habits that keep you well. There is no point to wealth without your health.

Enjoy the call.

We have work to do together, but that doesn't always mean intense effort. After a number of sessions you may find that we laugh a lot during the call -- at life, how you've grown, how things happen. Coaching calls aren't frivolous, but they are enjoyable, for both of us. You deserve to enjoy your life, now!