Module 5: Being the Coach: Preparing for a Learning Journey

Lesson 6: Teaching 4
Lessons of a Coach
Instructions

This journal/workbook is an integral part of your learning experience. Eye to hand coordination, coupled with focused attention and active listening, accelerates and intensifies the learning process. Complete each section, be it text or graphical, and make notes on what you are observing.

This record will provide an invaluable source of reference for you both now and in the future.

Useful Coaching Practices

This lesson continues to cover some important topics that directly affect the coach and the participant interaction.

Decompression

- Depending on how you choose to ______________ your coaching practice, there may be days when it may seem like a conveyor belt, with coaching session following coaching session.

- Coaching is exhaustive work. It's not easy work to be in the ____________, to be listening at level 2 and 3, and remain fixated in that space for the entirety of a coaching session.

- Whilst we may not suffer from ______________ in the same manner as a diver may, as we draw to the end of a coaching session, it can be likened to surfacing after a dive.
• There are some valuable routines that ensure you’re in the right ________and coming from the right _________ when your participant enters the room or you pick up the phone.

• The first is ________________.

• During the coaching interaction, the coach has been ___________ for sometime in the participants’ world, intoxicated in the energy of the individual concerned, the life being lived into and the aspirations of the life intended.

• The coach needs to clear down that energy ahead of the next session. How the coach ___________ ____ for the participant is vitally important. Being in the right ________ at the right time is one thing, being in the right _________ at the right time is another.

• Building time to decompress between sessions is invaluable. Build time into your coaching schedule to ensure you have 30 minutes between sessions. This allows for two very important and highly beneficial aspects of coaching to take place – decompression and preparation.

• Take the first 15 minutes and get out of the environment in which you conduct your sessions, regardless of whether your coaching is being conducted over the telephone or in person.
Preparation

- We need to be in the most ________________ place when participants turn up for their session, ready to reengage and bring our best to them.

- That means having a clear __________, and being as close as you can be to where you last left off with the individual concerned.

- Taking 10 minutes ahead of the session, following decompression from the previous session, to return to the last session’s __________, to review __________ ____________, and perhaps read the participant profile, puts you back into the __________ with the individual concerned, ready to continue the learning journey with them.

- This is also the discipline of a true professional – honoring the commitment to the participant’s __________.

Scheduling

- ________________ and ________________ are essential components of the coaching process. Without them, ____________ is unlikely.

- How frequent you choose to conduct your sessions, and how long those sessions are scheduled for, is personal decision. There’s no right or wrong as long as the process is frequent and regular.
• Just start. No book, seminar or coaching qualification can offer you this insight because the only teacher is experience. As you hone your craft, you will find the optimal duration and regularity of sessions that suits your coaching practice and the market it serves.

Congratulations! You are at the end of the teaching! Take 10 minutes straight away to reflect, evaluate and record your learning points from this lesson.

Notes: