

Are You Ready To Get The Most Out Of Your Coaching?

Once you have made the commitment to coaching, there are a few important things to keep in mind, which will help you get the most out of every meeting, reach your goals as quickly and easily as possible, and allow you to have fun in the process:

COME PREPARED

If you know what you want to accomplish during each session, you will get more out of it. You will probably have stories to tell from the previous week—tell them in such a way that you get to the "bottom line" quickly and can learn from them—and quickly progress to the next level.

BE TRUE TO YOUR WORD

Your coach will challenge you and make a lot of requests of you. If you say "yes," then do it. Make it a habit to keep all of your promises to your coach, no matter what. If you have any uncertainty about whether or not you can commit yourself to what the coach is requesting, say "no" to the request, and then find a compromise that you are willing and able to do. Coaching works best for those who keep their commitments.

BE FEARLESS

Your coach is professionally bound to keep everything you say in the strictest confidence. Take advantage of that. You can tell your coach everything, including the things that you are just barely ready to tell yourself! Do not hold back about your cash flow situation, your feelings about your boss, what you were really hoping for in your marriage, what situations feel like a thorn in your side, etc. By placing all of your cards on the table, you make it much easier for you and your coach to sort things out and create a winning hand for you.

CHALLENGE YOUR COACH

Let your coach know what parts of the coaching are working best for you, and what is not as effective. Ask your coach to show you more support where you need it, and in ways that you really respond to. Remember, your coach is a pro, and he or she has never dealt with anyone exactly like you before. You are on a unique journey together, and your coach will be learning new things, too.

BE A MODEL CLIENT

Show up exactly on time for all of your calls with your coach. Pay your coach ahead of time. Let your coach know how the coaching is helping you. Tell your friends and associates about your coach. Your coaching call will become a time during the week when you get everything into perspective and make your most important decisions. Therefore, it is important for you to honor your coaching relationship and *make it your top priority*. If you cannot do this with your current coach, find one with whom you can.

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