

How To Get The Most Out Of Your Coaching

I want you to benefit greatly from the time we have together each week and also during the time in between our calls. This brief guide is what most of my clients do to maximize the value from their coaching with me.

MAKE A LIST OF WHAT YOU REALLY WANT IN LIFE

Coaching works best when you have clear goals, which are based on your needs and values. Included in your Welcome Pak is a list of popular goals and a form on which to list these. If you're not sure what your goals should be, we can discuss them during our call.

KEEP FOCUSED ON YOUR CLEAN SWEEP PROGRAM

The Clean Sweep Program is an essential element in a strong personal foundation and all of my clients work this program. If you haven't yet, take the assessment test of 100 questions and start handling at least one item per week. Keep me posted on your current score. The Clean Sweep Program is in the Welcome Pak.

GET TO KNOW YOURSELF NEWLY

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 on these goals. Yet, with coaching don't be surprised if you discover new parts of your self and if you find your goals adjusting themselves 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. Get to know yourself more by completing the NeedLess and Tru Values Programs. These pinpoint what you need and what really fulfills you. Feel free to discuss this with me when you wish. Please take both tests now and let me know your scores.

DOUBLE YOUR LEVEL OF WILLINGNESS

Part of working with me as your coach is that I will ask a lot of you. Not too much, I hope, but certainly more than you may have been asked recently. I need you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that you are able to right now. This, so you can 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. And before this sounds like a Hallmark card, let me tell you the kind of things I need for you to be willing to do. Please be willing to:

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| <input type="checkbox"/> Change your behavior, a lot | <input type="checkbox"/> Redesign how you spend your time |
| <input type="checkbox"/> Relook at the assumptions / decisions you've made | <input type="checkbox"/> Get the support you need to handle a problem |
| <input type="checkbox"/> Experiment and try new things | <input type="checkbox"/> Set goals that are much bigger |
| <input type="checkbox"/> Start telling what's really true, regardless | <input type="checkbox"/> Raise your personal standards to be very, very high |
| <input type="checkbox"/> Remove all sources of stress | <input type="checkbox"/> Start treating people much better |
| <input type="checkbox"/> Eradicate all triggers of adrenaline | <input type="checkbox"/> Stop tolerating or suffering about your life |

Please make a list of the 10 things you are now willing to do or change, on the I Am So Willing form provided.

COME TO THE COACHING CALL PREPARED, WITH AN AGENDA

We have 30 minutes together and you'll want to have a written list of things for you to share and us to discuss. On this list, include things like:

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| <input type="checkbox"/> Success and wins that you've had that week | <input type="checkbox"/> What you're currently working on/how it's going |
| <input type="checkbox"/> Report on the homework | <input type="checkbox"/> New skills you want to develop |
| <input type="checkbox"/> Problems you faced/how you handled them | <input type="checkbox"/> Insights, aha's and new awareness' |
| <input type="checkbox"/> Advice you want about a situation | <input type="checkbox"/> Strategies you wish to develop |

Having this agenda helps you get what you want from the call. Several examples are included in the Welcome Pak.

ENJOY OUR CALL

We have work to do together, clearly, but feel free to enjoy the call with me. After several sessions, you may find that we take a little time to catch up on those parts of your life that mean a lot to you or you may want to share something personal and confidential. And after several months (perhaps sooner), you may find that we even laugh a lot during the call - at life, how you've grown, how things happen. Coaching calls aren't gabfests, but they are enjoyable, for both of us. What I mean to say is that they needn't be intense or an effort for you to produce the miracles you know are possible. But feel free to set the tone of the calls and I will respect what you need in this area.

WORK THE OTHER PROGRAMS OF YOUR CHOICE

You are invited to work any of the programs I have for my clients:

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| <input type="checkbox"/> NeedLess | <input type="checkbox"/> Master Coach |
| <input type="checkbox"/> 100 Steps To Recovery | <input type="checkbox"/> Stress Index |
| <input type="checkbox"/> Full Practice | <input type="checkbox"/> Power Networking |
| <input type="checkbox"/> Addictions / Conditions | <input type="checkbox"/> Biz Wiz |
| <input type="checkbox"/> Time Peace Program | <input type="checkbox"/> Advanced Distinctions |
| <input type="checkbox"/> Irresistible Attraction | <input type="checkbox"/> The Reserve Course Index |
| <input type="checkbox"/> Tru Values | <input type="checkbox"/> 100 Smiles Program |

These programs are included in your Welcome Pak. Select one or two which most appeal to you and let's work on these together.

KEEP YOURSELF WELL BETWEEN OUR SESSIONS

Coaching can require energy: Emotionally, intellectually and physically. Given this, I want you to 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 regards. The place to start is to develop a list of 10 Daily Habits which keep you well. Some of the habits my clients have developed into a routine are:

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|--|---|
| <input type="checkbox"/> Walking exercising | <input type="checkbox"/> Go to a 12-step meeting |
| <input type="checkbox"/> Reduce fat intake | <input type="checkbox"/> Handle unresolved matters |
| <input type="checkbox"/> Read | <input type="checkbox"/> No caffeine/nicotine/alcohol |
| <input type="checkbox"/> Listen to great music | <input type="checkbox"/> Start being early |
| <input type="checkbox"/> Floss | <input type="checkbox"/> No sugar abuse |
| <input type="checkbox"/> Eating more vegetables | <input type="checkbox"/> Take vitamins |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Write in your journal |
| <input type="checkbox"/> Underpromise, don't offer | |

Included in the Welcome Pak is a chart for you to record your 10 Daily Habits. Please fill this out and start using it now.

DO YOUR HOMEWORK EACH WEEK

This is not homework like in grade school. These are tasks, actions, results or changes you are telling yourself and your coach (me) that you will do your best to complete before our next call. You must apply yourself and use the homework to help you achieve your personal and business goals.