

Primary Foci Of Coaching

Three things you will pass on to your clients.

Become Internally Motivated vs. Externally Prompted

You've heard of Pavlov and his dogs? Well, we're all like that, a LOT and most of us don't even realize it. One of the benefits of good coaching is that the client becomes self-generative and motivated rather than relying on outside influences or circumstances to get and keep him/her going. Major areas to work on which provide this shift are:

- ❖ Trusting one's own intuition (self), even in the face of disagreement, circumstances or reality.
- ❖ Becoming fully responsible for one's Self, life and problems. Responsibility permits choice.
- ❖ Placing one's emotional and physical balance as the number one focus.
- ❖ Accepting what is so, telling the Truth and having God be right for exactly as things are, now.

Take All of the Actions Necessary, Effortlessly, vs. Just Talking and Struggling About It All

No pain, no gain? Sorry, that's an old paradigm sponsored by the aspirin companies. No pain, more gain is closer to how it really works, and without the angst of side effects. Your coach needs you to take courageous actions, but not suffer about them. Working on the following areas helps makes taking actions much easier and lets them turn into results faster.

- ❖ Make a simple plan with little steps with many opportunities to win. Don't make it hard.
- ❖ Get all unfinished business or integrity items OUT OF THE WAY, so miracles CAN happen.
- ❖ Keep enjoying your personal life in the midst of major projects. You're worth it.
- ❖ Design goals which mirror or express your Tru Values, rather than shoulds, coulds, oughtas.

Develop An Extraordinary Community vs. Just Knowing People

The one with the biggest Rolodex may get a bigger bank account or ego, but the one that has developed key relationships (business and personal) and gone 7 layers deep with these, finds that success can come to him/her. Areas to develop include:

- ❖ Build an effective network of 100 colleagues, key clients, centers of influence, close friends.
- ❖ Strengthen Personal Boundaries and honor High Personal Standards to feel good about Self.
- ❖ Attract people who wish to interdevelop with you, rather than folks who just need a lot.

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