

Your First Experience of Coaching

Name _____ Date _____

1. What are you hoping to receive from this hour?
2. What is coaching? What isn't it? What is my job as your coach?
 - a. You are Creative, Resourceful, Whole – You have your answers within.
 - b. 10-Clarity, 80-Resonance with values, 10-Action (i.e. homework!)
 - c. The challenge of our “stories”, all those reasons “why” we do or don't do “it”:
 - i. Stories (or excuses) keep us stuck in what we think we know and assumptions we make about everything
 - ii. They hide our deeper truth
 - iii. They take precious time away from living
 - d. Coaching vs. the “nice” conversation
 - i. I will: Intrude, share what I hear, ask you to bottom line with “In 20 words, state the high level”
 - ii. Sometimes share the hard truth that I see without judgment, just noticing
 - iii. Sometimes we “clear the decks” and start with a fresh canvas when the waters of life are too muddied with layers and layers of story.
 - e. Coaching is confidential
 - f. The power is in the **relationship** – not the coach. We co-create. We discover – together.
3. What area in your life, what situation or challenge, are you ready to experience a shift and forward movement around? Let's coach!
4. Into Action!
 - a. What steps are you ready to take with courage, passion, and purpose?
 - b. When will you report back in regarding your progress?
5. What did you think?
 - a. How valuable was the experience?
 - b. If time and money were not a concern, would you pursue coaching?
 - c. If not, why not?