**Suggested Ideas for Getting The MOST**

**Out of Your Coaching Relationship**

**Make A List Of What You Really Want For Your Life**

**(See The Life Satisfaction Index in Your Packet)**

Coaching works most effectively when you have a clear vision of your chosen goals, based on your personal values.

**Be Ready To Get To Know Yourself in A Fresh Way**

Working with a skilled coach is a powerful way to achieve your goals and to grow personally. Having said that, one of the chief benefits in coaching is also the increased self-awareness you’ll experience regarding YOU. Don’t be surprised if you find yourself learning far more about yourself and your resourcefulness than you ever imagined, and maybe even adjusting your goals to match the new insights you gain about yourself.

**Come to Coaching Sessions Prepared and Ready To Move Forward**

* We only have a set amount of time to have these powerful conversations. This means you will want to do several things to maximize your time and investment in coaching.
* Call at the appointed time – this allows both you and your coach to manage the

time to its full potential.

* Have an idea of what it is you want to discuss, or get clarity and movement on.

I have included a coaching prep form at the end of this packet to assist you in

this preparation if you so choose. The prep form will prompt you to identify

issues like:

How YOU want to focus the conversation

Successes and wins since the previous session

Challenges you’ve faced and how you handled them

Shifts or new insights you’ve experienced

Outcomes YOU want to achieve for this coaching session

* Distractions will hinder your ability to gain clarity, focus and forward movement towards your goals. Schedule your appointments when you can be fully engaged without distractions, i.e., T.V., kids, traffic, computer etc.
* Try not to skip appointments if at all possible. There is a tendency for people to lose momentum when coaching conversations take place sporadically.

**Give Coaching Time To “Take”**

Give yourself permission to see coaching as a journey, not as a magic bullet for achieving immediate results. You are designing a powerful, trusting relationship with a coach that will build and yield results over time. I suggest you give coaching a minimum of three months and see if you don’t discover a “tipping point” where you begin to hit your stride and make accelerated progress toward your chosen goals.

**Be Ready To Take Action**

There are three major goals achieved through coaching: to deepen your learning, increase self-awareness, and most importantly – to take concrete action toward the future YOU choose for yourself.