

What dreams or ideas do you have that your coach might help you transform into commitments, enthusiasm, and results?

What future scenarios might you ask your coach to help you visualize?

What constraints or apparent obstacles do you face that your coach might assist you in designing creative ways forward?

What plans do you have that are not being realized or are not moving toward attainment?

About what would you like a fresh perspective?

What part of your business needs work or attention?
What part of your life?

What do you want your coach to know or what should your coach know?

What has to happen this week to obtain your objectives?
This month? This quarter?

What important decisions do you have to make?

Where have you been wasting energy on low-value activities?

What high-value actions have you not been taking?

What new opportunities or challenges might your coach help you to evaluate?

How might your coach collaborate with you?

What requests of your coach might you invent?

List the outcomes you intend to accomplish in this coaching session.

Before each session, read through these questions and make notes on a couple that speak to you.

We'll always begin with getting clear on your coaching request for the session.

9 WAYS

to Get the
most from
Your Coach

1 - Choose this coach to be your coach. No need to look for coaching from all sides. (Coaching works best in partnership). We stay committed to one another through this process.

2 - Be certain about your goals and objectives

3 - Be open to your coach's questions, observations and suggestions.

A. Make yourself coachable and open to take coaching
B. See yourself as a novice— have a beginner's mind.

4 - Communicate freely and candidly,

A. Err on the side of over communicating. What constraints or obstacles do you face that your coach might assist you in designing creative ways forward?
B. Don't be afraid to be contentious with your coach. Constructive contention breeds creativity. Just be sure it isn't your untouchability doing the talking.
C. Keep talking until you experience that your coach hears and understands you.

5 - Tell the truth.

6 - Do what you say you'll do, when you say you'll do it. Keep your word and contract agreements.

7 - Use your coach as a resource, not the answer.

8 - Come to each coaching session prepared to:

A. List the outcomes you intend to accomplish in each coaching session.

9 - Make it your job to inspire your coach. TO do that, you will have to be inspired yourself. At the end of each session tell your coach the things he did or said that you believe will make a real difference for you in achieving your objectives.