



What you can expect from your coach

The role of coach provides a kind of support distinct from any other. Your coach will focus solely on your situations with the kind of attention and commitment that you rarely experience elsewhere.

Your coach will listen to you, with a genuine curiosity to understand who you are, what you think and generally how you experience the world. During conversations, your coach will encourage you to rise to challenges, overcome obstacles and get into action.

Because the relationship is based on trust and openness, the contents of your discussions will be confidential. Where a third party has requested the coaching for you, we will agree with you the best way to keep them involved or updated.

What your coach will expect from you?

In return, your coach will encourage you to stay committed to the coaching process. That means showing up for sessions, taking own notes where appropriate, and keeping any agreements you make during sessions.

The strength and power of coaching relates strongly to the level of openness and trust between the coach and the coachee.

How might coaching benefit you?

The following questions will help you begin to form goals for a coaching relationship. They are not intended to identify specifics, but rather encourage thoughts or ideas.

Please take a few minutes to sit quietly with the questions, writing down your answers on a blank sheet of paper.

1. What current goals(if any) do you relating to the following areas:

- A. Your work, e.g.
 - Personal performance/effectiveness
 - Career development, progression
 - Ability to lead/manage others
 - Motivation, fulfilment
- B. Your lifestyle, e.g.
 - Work/Life balance
 - Social life
 - Hobbies/Interests
- C. Your relationships with others, e.g.
 - Your partner
 - Your immediate family
 - Your friends
 - Your extended family, i.e. relatives



- D. Your learning/development, e.g.
 - Life experiences
 - Formal training/development
- E. Your sense of contribution, e.g.
 - At work
 - At home
 - In your community
- F. Your health/well-being, e.g.
 - Health
 - Nutrition and eating patterns
 - Fitness, exercise, relaxation etc.

2. Thinking about your current circumstances:

- What would you like to do less of?
- What would you like to do more of?

3. What would you most like to change right now if you could?

4. What is going really well for you right now and you would like to build on? E.g. do more of it, or make it even better.

5. In what ways do you currently obtain learning?

- By experience, i.e. doing things
- Formal study, e.g. taking qualifications
- Through observation of others
- Reading, listening to audiotapes, etc.
- Structured training, i.e. courses
- Mentoring or coaching relationships, e.g. discussion, feedback.

6. How much does your level and style of learning support your goals and objectives?

Hopefully, you will now have gained a better understanding of the opportunity of coaching.

If you are preparing for a coaching relationship, please bring your responses to the above questions to your coaching session. Your coach will then be able to help you clarify your thoughts and ideas further.

Source, Julie Starr (2003) „The Coaching Manual”, Pearson Education Limited