



How to Get the Most Out of Your Coaching

I want you to benefit greatly from the time we have together each week, and also the time in between coaching sessions. This brief guide is what most of my clients do to maximize the value from their coaching with me.

Make a list of what you really want in life

Coaching works best when you have clear goals that are based on your needs and values. If you are not sure what your goals are, we can discuss them during our session/call.

Get to know yourself newly

Working with a sensitive and empathic coach is a healthy way to grow. Most clients hire a coach to accomplish several specific goals and so much of the time and focus is on these goals. Yet, with coaching do not be surprised if you discover new parts of yourself. You may find your goals adjusting themselves to who you really are. This discovery process is natural, so you need not rush it. Just realize it will probably happen. Accelerated personal and professional growth is the hallmark of being coached.

Double your level of willingness

Part of working with me as your coach is that I will ask a lot of you. Not too much, I hope, but certainly more than you may have been asked recently. I need you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that you are able to right now. This is how we will work towards reaching your goals and creating a fulfilling and integrated professional and personal life. Below are some examples of the kinds of things I need you to be willing to do.

Change your behavior, a lot
Experiment and try new things
Remove all sources of stress
Redesign how you spend your time
Set goals that are much bigger
Start treating people much better

Re-look at assumptions and decisions you have made
Start telling what is really true, regardless
Eradicate all triggers of adrenaline
Get the support you need to handle a problem
Raise your personal standards to be very, very high
Stop tolerating or suffering about your life

Come to the coaching appointment or call on time, prepared, with an agenda

We have certain amount of time together and you'll want to be on time for the session/call and have a written list of things for you to share and us to discuss. On this list, include things like:

Success and wins that you've had that week
Problems you faced/how you handled them
What you're currently working on/how it is going
Insights and new awareness'

Report on homework
Advice you want about a situation
New skills you want to develop
Strategies you wish to develop

Having this agenda helps you get what you want from the call or face to face session.

Enjoy our session/call

We have work to do together, clearly, but feel free to enjoy the session/call with me. After several sessions, you may find that we take a little time to catch up on those parts of your life that mean a lot to you or you may want to share something personal and confidential. And after several months (perhaps sooner) you may find that we even laugh a lot during the session/call – at life, how you have grown, how things happen. Coaching sessions/calls are not just chatting, but they are enjoyable, for both of us. What I mean to say is that they need not be intense or an effort for you. But feel free to set the tone of the sessions/calls and I will respect what you need in this area.

Keep yourself well between our sessions

Coaching can require energy: emotionally, intellectually and physically. Given this, I want you to take extraordinary care of your health and emotional balance while being coached. Only you know what this looks like, but I suggest you go much further than you ever have in this regard. The place to start is to develop a list of 10 Daily Habits that keep you well. Some of the habits my clients have developed into a routine are:

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| Exercise daily | Reduce fat intake | Read |
| Listen to music that you love | Spiritual Practice | Eat more vegetables |
| Meditate | Stop smoking | Don't offer to do what you don't want |
| Play with your children | Take vitamins | Write in your journal |
| Eat regular meals | Start being early | Handle unresolved matters |

Do your fieldwork each week

This is not homework like in school. These are tasks, actions, results or changes you are telling yourself and me that you will do your best to complete before our next session/call. Apply yourself and use the fieldwork to help you achieve your personal, professional, career or organizational goals.

Unique Pathways Coaching and Consulting partners with you to achieve your best self and have a greater sense of fulfillment at work and or home life.

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