

# THE COACHING FELLOWSHIP

## 1. TIPS FOR GETTING THE MOST FROM YOUR COACHING

Here are some ideas on how to get the most from your coaching:

- **Be clear about your intended focus and the tangible results you want.** Communicate them to your coach, and if they change, let her/him know that too, so she/he can re-focus the coaching.
- **Be committed.** The measure of your results will be proportionate to the measure of your commitment. You will get the most from coaching if you come to it expecting a lot from yourself.
- **Take responsibility for the coaching conversation.** This is for and about you! Know what you want to talk about or at least where you want to start.
- **Think long-term.** Trust the coaching process. Keep the finish line in mind, and notice how much energizing fun you are having getting there!
- **Make sure you feel safe to speak freely.** Tell the truth, always, even if it means you and your coach have to shake up your business relationship. If your work together is not working for you, speak up - even if you're not sure what the alternative might be. Your coach will do the same.
- **Give your coach feedback.** Remember that the coaching conversation and relationship is in constant flow and by providing feedback her/his coaching of you will improve.

## 2. WHAT CAN YOU EXPECT FROM YOUR COACH?

- to work with and for you, depending on your needs. You get to design how you will be coached.
- to see you as naturally creative, resourceful and whole.
- to trust that you know the best answers for your life.
- to ask you questions, especially the hard ones.
- to respect what is most important to you, assuming that you tell her/him what that is.
- to keep your sessions confidential.
- to be honest, direct and caring.
- to see your magnificence, even when you may not be able to.
- to fail and flail sometimes – and to admit it when she/he does.
- to ask your permission before taking any important step.

## 3. WHAT CAN YOU EXPECT FOR YOURSELF?

- that big changes will occur – through your insights and actions.
- that you will get the most out of coaching when you are committed to the process.
- that it may get scary. We all have parts of ourselves that hate change.
- that you will decide what you work on and where you are going.
- that this experience will be inspiring and fun.
- that you will learn many things about yourself that you did not know.
- that you will find that movement forward sometimes means standing still.
- that you will come to understand and acknowledge your own magnificence.

## 4. KEY COACHING TERMS AND CONCEPTS

**Requests:** designed to have you take action in line with your dreams and goals made by the coach, pulled from your agenda (what you want) followed by your response:

- Accepting the request (Yes)
- Declining the request (No)
- Suggesting a counter-offer (No, but I will...)
- Agreeing to respond at a later time (Let me think about it tonight, and I'll call you tomorrow with my response)
  - *Will you ask your boss for a raise by 5:00 p.m. this Thursday?*
  - *Will you call the mechanic about a new clutch by tomorrow?*
  - *Will you schedule a massage for yourself by our next session?*

**Challenges:** designed to be so outrageous and out of the box that they shock you into thinking/acting beyond any previously conceived limitation made by the coach, pulled from your agenda (what you want), will most likely make your palms sweat, your stomach lurch and laughter burst from your mouth, not issued very often (unlike requests, which will be issued regularly) followed by your response:

- Accepting the request (Yes)
- Declining the request (No)
- Suggesting a counter-offer (No, but I will...)
- Agreeing to respond at a later time (Let me think about it tonight, and I'll call you tomorrow with my response)
  - *Will you get up right now and smash your television screen with a hammer?*
  - *Will you send out 500 letters requesting business by this Saturday?*
  - *Will you lock your to-do list in a friend's safety deposit box for one month and ask your friend to block all access to the key?*

**Inquiries:** a question used to bring you clarity, action, discovery, insight or commitment, has more than one answer and can be answered over a period of time, is usually given at the end of a coaching session as homework to think about, write about, create with, dream about, talk with others about:

- What lies do you tell yourself?
- Where are you powerful in your life?
- What do you yearn for?
- What is the relationship for you between rest and forward action?

**Accountability:** a structure designed to support you in doing what you said you would do, a way of evaluating an action taken or reevaluating an intended action, a way for the coach to hold your agenda and be your partner in your life, even if you temporarily drop your agenda:

- What action are you willing to take around this idea?
- By when?
- How will I know that you did it? (email me, call me, send me a letter, let me know at our next session)

**Saboteur/ Gremlins:** a concept used to name your thought processes and feelings that work to keep you from moving your life forward or deepening your learning process; neither good nor bad, a Saboteur loses its hold over you when you notice it and then take action based on your dreams, your goals, your values, your clear thinking, etc.; a light, simple way of identifying all the stuff that can feel very heavy and impossible to pull yourself out from under; not who you are. Therefore, it is not effective to coach your Saboteur; instead, a coach will help you to identify it whenever it shows up, and to take action based on what you want, not on what your Saboteur thinks you should do, no matter how loud or convincing it is (and Saboteurs can be very loud and convincing!)