

## Five Ways to Get the Most from Your Coaching



### Be prepared

Come to your sessions ready to work with your Coach on moving towards achieving your objectives. Plan in pre-thinking time to take advantage of your time together.

### Be focused

Know what you want to get out of each session - where do you want to be at the end of this coaching conversation?



### Be in the right environment

Give yourself the time and space to engage and reflect with your Coach - in a place with no interruptions, either from people, technology or background noise.

### Be honest

Working with a Coach means opening yourself up to discussion around your thoughts, beliefs and behaviours. Being honest about your challenges, disappointments, strengths and weaknesses means that together you can devise a workable plan to achieve your goals.



### Be ready to take action



Take notes of what you have discussed, the progress you have made and the things that might lead you off course. Define the actions you will take, with agreed timelines to keep you on track. Otherwise what started out with you being fired up and motivated to achieve could turn out to be just a cozy chat over a cup of coffee!!