



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 during the time in between our calls. 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, which are based on your needs and values. If you're not sure what your goals are, we can discuss them during our calls.

Keep Focused On Your Clean Sweep Program

The Clean Sweep Program is an essential element in a strong personal foundation and all of my clients work this program. If you haven't yet, take the assessment test of 100 questions and start handling at least one item per week. Keep me posted on your current score.

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 much of the time is spent on these goals. Yet, with coaching don't be surprised if you discover new parts of your self. And as such, you may find yourself adjusting your goals to who you really are or are becoming. This discovery process is natural. Just realize that it will likely 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. We do this so that you can more easily reach your goals and live an integrated and fulfilled personal and professional life, that you were meant to enjoy. Here is a list of the kind of things I need for you to be willing to do. Please be willing to:

- 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
- Reassess the assumptions / decisions you've made
- Start telling what's 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

Please make a list of the 10 things you are now willing to do or change.

Come To The Coaching Call Prepared, With An Agenda

We have 30 minutes together and you'll want to have a written list or an agenda of things for you to share and for 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's going
- Insights, a-ha's and new awareness's
- Report on the 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. Feel free to email this to me before the call so that I have a heads up and we can make the most of our time together



Enjoy Our Call

We have work to do together, clearly, but feel free to enjoy the 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. You may find that we even start laughing during the calls - at life, how you've grown, how things happen. Coaching calls aren't gabfests, but they are enjoyable, for both of us. Feel free to set the tone of the calls and I will respect what you need in this area.

Keep Yourself Well Between Our Sessions

Coaching can require energy: Emotional, Intellectual and Physical. 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, however, I would suggest that you go much further than you ever have in this regards. The place to start is to develop a list of 5 Daily Habits, which keep you well. Some of the habits clients have developed into a routine are:

- Walking/ exercising
- Listen to great music
- Meditate
- Handle unresolved matters
- No sugar abuse
- Reduce fat intake
- Floss
- Underpromise, don't offer
- No caffeine/nicotine/alcohol
- Take vitamins
- Read
- Eating more vegetables
- Go to a 12-step meeting
- Start being early
- Write in your journal

Create a chart. Hang it on your refrigerator or someplace that you will always see it. We'll start with 5 and every couple of weeks, as these things become habit we'll add more. Habits take time to develop – don't be discouraged. Soon it will be effortless.

for example

	Meditate	Floss	Read	Exercise	Goto Bed Early
Mon					
Tues					
Weds					
Thurs					
Fri					
Sat					
Sun					

Do Your Homework Each Week

This is not homework like in grade school. Call it homework, fieldwork, or thought projects. Whatever we call them, we create these together. Sometimes they are actions other times they are thoughts to hold and engage in your life. These are tasks, actions, results or changes that you are telling yourself and your coach (me) that you are willing to do your best to complete before the next call. The homework is intended to aid in achieving your personal or professional business goals. We'll make a point to check the energy behind the idea before we set you out to do the homework. Remember, these are not for my benefit- they are for yours and if you do not have enough energy/motivation behind a project then the likelihood of you doing, completing, or enjoying it is significantly diminished.

Give Your Coach (Me) Feedback

This is a co-designed relationship. If something doesn't feel right you have the right, if not the obligation, to share that with me, your coach. I will not be offended. I have opinions, which may and probably will differ from yours, however you must follow what is in your best interest – not mine. It does not serve the relationship nor me for you to feel at odds with me. So share with me what you are thinking. Together we can shift the way we work together, realign a project, ramp up the intensity, celebrate, discover together and make this relationship everything it can be.