

## Point-to-Path Coaching Bi-weekly Ezine!

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**This week's topic: How to Get the Most Out of Coaching** (Vol 1-090103)

### **1. Tell the coach how to coach you**

You know whether or not you need accountability from someone else or if it just happens for you. Be honest with your coach about your needs. Do you need the velvet glove touch or the sledge hammer?!

### **2. Come to the call prepared**

Take some time to think about what you'd like to get from the upcoming session. If it helps, ask your coach to give you a "call prep sheet", which might help to get you started.

### **3. Do your homework**

If your coach gives an assignment, do your best to complete it. Remember, this is your time and money. The value is all yours. The coach is trained to give you thought-provoking assignments that might stretch you a little. That's part of growth.

### **4. Be honest with your coach**

Your coach will honor confidentiality like any other professional health or service provider. It's OK to share your fears, dreams and thoughts no matter how outrageous. Unlike a therapist, your coach is not trying to diagnose where that "comes from". Nor, is your coach waiting to impart any judgments.

### **5. Be honest with yourself**

Say what you want in your life. You don't have to spew it out in an eloquent speech, just say it no matter how raw.

### **6. Pause, breath and listen to your heart**

While it's important to come to the call prepared, you don't have to figure out everything before you get there. Logic will sometimes prevent you from reaching your emotions. **Feel** what is there and talk about it.

### **7. Ask for and receive honesty from your coach**

Your friends will tell you what you want to hear. Who will tell you what you need to hear? Your coach! And your coach will do it in a constructive, compassionate manner. Your coach is your ally, advocate, cheerleader and truth-teller.