

# How to get the most out of your coaching experience

- Participate in all of the training sessions so that you understand how to use the platform.
- Make sure that you ask all of the questions you have. Share any doubts, concerns and impressions with your coach.
- Remember that you are THE CLIENT. Ask for what you want. Tell the coaches how they can serve you best: if they are not asking enough questions, if they are talking too much or too fast, or if they are doing something that annoys you, please tell them immediately. Think of it as designing an alliance that has the sole purpose of SERVING YOU. Instruct your coach regarding how to serve you best.
- Come with high expectations of yourself and your coach. Challenge yourself to think and act outside of your comfort zone.
- Share as much of yourself as you are comfortable doing.
- Be willing to take risks in your coaching sessions knowing that you cannot fail.
- Be willing to stretch in your commitments throughout your coaching process, knowing that you will have a safe place to process the experience and learn from it.
- Keep every promise that you make during your coaching sessions. Only make promises you can keep.
- Schedule your appointments, keep your appointments, make your coaching time sacred.
- Be willing to invest at least two hours a week in your coaching assignments.
- Use coaching as an opportunity to remember who you are and re-establish who you want to be: commit to bringing your deepest fears, your greatest

passion, your dreams, your despair, and what is most important to you to your coaching calls to include in your plans.

- Take time to go through the platform and explore the resources.
- Talk to colleagues about their coaching experiences, find out what they are doing in their coaching experiences, and find out what they are doing that might be fun and interesting for you
- Tell someone who is close to you about your coaching commitment. Discuss your plans and activities. If the person is dismissive or negative, find someone who is enthusiastic and encouraging.
- Your coach is your champion, your advocate, your personal trainer, a sounding board, a source of wisdom and a trusted confidant. If you are experiencing this with your coach, tell him/her.

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