

How to get the most out of Coaching



COME TO COACHING PREPARED, WITH A TOPIC IN MIND

Arrive at each session with a topic mind. Something that is important to you right now – an issue that has been on your mind, an opportunity in front of you that you want to maximise, or a challenge you are ready to take on. As the topic is explored with your coach, an agenda for the session is established along with a desired outcome to aim for.

KNOW THE DIFFERENCE BETWEEN COACHING AND THERAPY

Therapy is an insight-oriented process that helps a client look at their past, to better manage their present, with a focus on healing. In this relationship, the therapist is the expert.

Coaching is an action-oriented process, focused on personal and/or professional growth, and where the coach and client walk the path together as partners in creative collaboration. Coaching focuses on what's happening right now, what a person wants next, and how that gap can be bridged. Coaching can help someone expand in idea, understand their present experience more mindfully, and uncover what might be getting in the way of their efforts to change on their own.

Some clients will come to coaching after time spent with a therapist. Others may have no experience with therapy, or choose to work with a coach and a therapist, in parallel. Your coach is trained to ensure that coaching does not cross over into therapy and that this ethical boundary is observed.



SEE YOUR COACH AS A PARTNER, NOT THE EXPERT

It may be tempting to think that your coach has all the answers. After all, they have coached people facing similar challenges. Instead, think of the *coaching partnership you create*, as the key to unlocking the possibilities in front of you. Your coach has been trained to listen, question, observe, clarify and challenge; helping you to see what can be harder to see on your own. When the client is themselves designing the change they want to see, enduring change is possible.

UNDERSTAND THAT FORMING NEW HABITS OR WAYS OF THINKING TAKES TIME

As awareness builds through coaching, it's easy to be ambitious and over promise to yourself, and your coach, the things you want to change or adjust. Overcommitting costs you energy. While action steps are critical to making sustainable change, experience has shown that most clients accomplish more by being *realistic* about what that set out to do, try, or think about between sessions.

PRIORITISE YOUR WELLBEING

Optimising the potential of a coaching partnership can require emotional, intellectual, and physical energy. To get the most out of coaching, be intentional and proactive about investing in your personal wellbeing throughout the process.