








Top 10 Ways to get the most out of Coaching

Congratulations! You have taken a very important step toward making changes to improve your life through the supportive, relational partnership of coaching. The sessions with your coach will produce great benefit to you, for today, tomorrow in the future. However, to achieve the **ultimate benefit** - the “Hakuna matata ¹” (no trouble, no problems) - will require your ongoing **attention and motivation**.

Below I have listed **10 important things** that will greatly increase your rewards from our coaching relationship and your life of “hakuna matata”.

-  **Your feelings matter** Just as much as any tangible outcomes you may be seeking, positive feelings across all areas of your life are just as (or even more) important – every day. Our coaching process will involve **both**.
-  **Talk about what matters to you** We can talk about anything in our coaching relationship – ideas, problems, fears & stuff that seems trivial – which will give you some relief, but it may not get you to your **really-desired goal** without you being prepared & focused to talk about things that matter most to you. To reduce what is holding you back & causing you ‘sensing numbness’, we will focus on **your agenda**.
-  **Clear space in your life** We have all got stories about how something we were so passionate about, that was to be our best ever initiative, got rail-roaded when **“life got in the way”**. Wouldn’t it be regrettable if “life gets in the way” of our coaching and that compromises your achievement of a better life? We strongly suggest that you put some ‘stuff’ on hold, simplify your day, review your personal management system & reduce clutter so that you afford yourself the physical and psychological space you need to learn and evolve yourself beyond today.
-  **Be dedicated to becoming your best self** When you are happy, doing well, self-content, confident, successful – others around you will also benefit. Be prepared to be **focused on yourself**, your learning, self-discovery, your chosen changes, so that you can then be a motivation to others in your life. “Become a MEMBER of your life club, rather than an ASSOCIATE” ²
-  **Your coaching is a 24/7 experience** You don’t have to do much work in our sessions. The synergy of our relationship and the power of coaching is impelling in itself to a great extent. The most successful coaching work involves the **coachee’s reflections, contemplations, trials and visions** which is the **24/7 growth** that happens in addition to coaching sessions. **BUT NOT AS AN ADDITIONAL BURDEN** – as you stretch & become able to make improvements on your own, you will also be reducing things that drain & put strain on you – Keeping **your life in balance**



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1. **Do stuff that you have identified as helpful** If it is working, keep doing it. If it is not working, stop doing it or do it differently
2. **Assemble an audience** It is a good idea to identify a small number of people who will be most likely to notice the changes you make in your thinking patterns and actions as you gain new insights and personal development through coaching in the pursuit of your goals. This audience will be able to provide you with support and feedback on your journey. They will help you be accountable for achieving your new preferred future and be your encouragers if you lose your momentum.
3. **Mind your own business** The **goals for the coaching engagement** (your goals in life) are **entirely yours to set**. You are also responsible for setting the **agenda** for each session – so that the coaching work focuses on what you want to achieve. (Your coach will also diligently ensure that the approaches and techniques fit that agenda). The coach may set some **'homework'** exercises or tasks to embed your new-found skills, test your thinking or take positive steps forward. It **is strongly encouraged** that you commit to complete (or at least attempt) these important 'out of session' activities.
4. **Be willing to evolve, not just develop** Coaching is **far more than just a development process** – it's **also a process of evolution**. You will learn how you can achieve better outcomes for yourself and others without the weight of negative thoughts or self-doubt, for example. AND you will also be thinking more positively, stretching yourself and expanding your world – evolving – because just as the world is evolving, you will be better able to 'co-evolve'.
5. **See things differently** In coaching you will be working on your goals (the 'What'), and strategies to achieve those goals (the 'How'); but ALSO working on YOU (the 'Who'). You will get the most out of coaching when you are willing to challenge some of your assumptions, thoughts, expectations, beliefs, actions and strategies BUT the coach will NOT force you make changes. We do, however, ask you to give consideration to different approaches and give them a try – they may be helpful.

¹ 'Hakuna matata' is a phrase in the East African language of Swahili that literally means "no trouble" or "no problems".

².