

How I Coach

Every coach has his or her own coaching style. Here is a brief description of my approach.

- 1) I commiserate/agree with my clients.**
I make my clients feel good, show them that I care, help them to believe in them (because I DO!).
- 2) I share what I'm sensing from my clients.**
I intuit, point stuff out, and tell the truth if it needs to be looked at.
- 3) I ask the obvious questions.**
I want facts, feelings, and preferences, and I want them to know these as well.
- 4) I step back, look for the whole picture, and discover how their situation or problem is perfect.**
In other words, they've gotten themselves where they are for some reason and I want to know that reason, because it provides the context I need to have a clear perspective.
- 5) I talk about the state my clients want, the most perfect place for them to be at, or the most ideal result they want.**
Most clients have never had someone do this with them, to this extent.
- 6) I tell my clients what I think is going on.**
I provide words/language for what I see going on. I help them to label these things, so they can see the events, situation, or problem distinct from themselves.
- 7) I ask my clients what they need or want from me right then.**
I want them to use me as they want to. I need to know their needs and my role.
- 8) I present and we discuss, several strategies or solutions — often unconventional.**
I like to offer simple advice that fits perfectly, tailored to their personality, priorities, and resources. Sometimes my advice is counterintuitive, but it usually works.
- 9) I sense/share the next evolutionary step for my clients.**
I listen for missing distinctions and for shifts that the client is ready to make. I look for the next step of an Evolutionary Progression.
- 10) I ask my clients to do more than they would do on their own.**
I like to stretch them when the timing is right.

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