

How to Get the Most Out of Your Coaching

I want you to benefit greatly from the time we have together each week and also during the time in between our calls. This brief guide is what most of my clients do to maximize the value from their coaching with me.

Make a list of what you really want in life.

Coaching works best when you have clear goals that are based on your needs and values. Included in your Welcome Packet is a list of popular goals and a form on which to list these. If you're not sure what your goals should be, we can discuss them during our call.

Keep focused on your Clean Sweep Program.

The Clean Sweep program is an essential element in a strong personal foundation, and all of my clients work this program. If you haven't yet, take the assessment test of 100 questions and start handling at least one item per week. Keep me posted on your current score. The Clean Sweep program is in the Welcome Packet.

Get to know yourself in a new way.

Working with a sensitive and empathic coach is a healthy way to grow. Most clients hire a coach to accomplish several specific goals, and much of the time and focus is spent on these goals. Yet, with coaching don't be surprised if you discover new parts of yourself and then find your goals adjusting to who you really are. This discovery process is natural, so you needn't rush it; just realize it will likely happen. Accelerated personal and professional growth is the hallmark of being coached. Get to know yourself more by completing the NeedLess and Tru Values programs. These pinpoint what you need and what really fulfills you. Feel free to discuss this with me when you wish. Please take both tests now and let me know your scores.

Double your level of willingness.

Part of working with me as your coach is that I will ask a lot of you. Not too much, I hope, but certainly more than you may have been asked recently. I need you to be willing to experiment with fresh approaches and be open to redesigning the parts of your life that you are able to right now. This will help you more easily reach your goals and live an integrated and fulfilled personal and professional life, using the gifts you have and enjoying life as it was meant to be enjoyed. And let me tell you what I need you to be willing to do. Please be willing to:

- Change your behavior, a lot
- Examine the assumptions and decisions you've made
- Experiment and try new things
- Start telling what's really true, regardless of the consequences
- Remove all sources of stress
- Eradicate all triggers of adrenaline
- Redesign how you spend your time
- Get the support you need to handle a problem
- Set goals that are much bigger than before
- Raise your personal standards to be very, very high
- Start treating people much better
- Stop tolerating or suffering about your life

Come to the coaching call prepared, with an agenda.

We have 30 minutes together, and you'll want to have a written list of things for you to share and us to discuss. On this list, include things like:

- Success and wins that you've had that week
- Report on the homework
- Problems you faced and how you handled them
- Advice you want about a situation
- What you're currently working on and how it's going
- New skills you want to develop
- Insights, "aha's," and new awarenesses
- Strategies you wish to develop

Having this agenda helps you get what you want from the call. Several examples are included in the Welcome Packet.

Enjoy our call.

We have work to do together, clearly, but feel free to enjoy the call with me. After several sessions, you may find that we take a little time to catch up on those parts of your life that mean a lot to you, or you may want to share something personal and confidential. And after several months, perhaps sooner, you may find that we even laugh a lot during the call—at life, how you've grown, how things happen. Coaching calls aren't gabfests, but they are enjoyable, for both of us. What I mean to say is that they needn't be intense or demand an effort for you to produce the miracles you know are possible. But feel free to set the tone of the calls, and I will respect what you need in this area.

Work the other programs of your choice.

You are invited to work any of the programs I have for my clients:

- NeedLess
- Full Practice
- Time Peace
- Irresistible Attraction
- Tru Values
- Master Coach
- Stress Index
- Power Networking
- Biz Whiz
- Reserve Index
- 100 Smiles

These programs are included in your Welcome Packet. Select one or two that most appeal to you, and let's work on these together.

Keep yourself well between our sessions.

Coaching can require energy: emotionally, intellectually and physically. Given this, I want you to take extraordinary care of your health and emotional balance while being coached. Only you know what this looks like, but I suggest you go much further than you ever have in this regard. The place to start is to develop a list of 10 daily habits that keep you well. Some of the habits my clients have developed into a routine are:

- Walk or take other exercise
- Reduce fat intake
- Read
- Listen to great music

- Floss
- Eat more vegetables
- Meditate
- Underpromise, don't offer
- Handle unresolved matters
- Consume no caffeine, nicotine, or alcohol
- Start being early
- Don't abuse sugar
- Take vitamins
- Write in your journal

Included in the Welcome Packet is a chart for you to record your 10 daily habits. Please fill this out and start using it now.

Do your homework each week.

This is not homework like in grade school. These are tasks, actions, results, or changes you are committing to do your best to complete before our next call. You must apply yourself and use the homework to help you achieve your personal and business goals.