

Maximise your coaching!

Guideline # 1 – A coach is a resource, not an answer.

A coach is a resource to help you and guide you in creating the success that you desire. A coach is a guide. Be aware that you have all the answers within you and that a coach is a partner that will help you reach your goals.

Guideline # 2 – Take very good care of yourself.

When going through rapid development, it is essential to replenish yourself. This is why I require that you take very good care of yourself. Start right now and give yourself everything you need, without exception. You deserve it! By nourishing yourself and fulfilling your needs, you will be pushed forward towards your goals.

Guideline # 3 – Be aware of what you want to get from your coaching session.

This is YOUR coaching session. Make the most of it by being aware of what you want to get from it. Take initiative and be sure to get what you need. Prepare each session by using the *Preparation for Coaching Session* form and write down the subjects that you want to discuss. Once you have identified what you truly want, I can help you find the best strategies and solutions for you to get there.

Guideline # 4 – Be punctual

You will reach your goals much faster if you are punctual for your coaching sessions. Being punctual means being on time for the agreed appointment but also being physically, mentally and emotionally present. Before each session, take some time to organize your ideas and create an environment where you can make the most of our time together. Your time is precious and so is mine. Life is too short to be late.

Guideline # 5 – Be honest

I was trained to listen to you, support you and help you achieve what you most desire in your life. By being honest and sharing what is really going on in your life, you will help me be the best possible coach for you. If you don't get what you need from our sessions, please tell me. If something is bothering you, let me know. I am committed to offer an environment where you can feel safe. The more I listen to you and understand you, the more you will progress.

Guideline # 6 – Inspire me!

I need to be inspired by you, your actions and your courage even when life is chaotic. The way to achieve this is to be yourself (to be human), honest and present during our sessions so we can work together. I need to be inspired more than I need to be impressed!

Guideline # 7 – Make less promises and give yourself space.

You may promise yourself (or promise me) that you will accomplish many things. I am asking you to avoid doing this. Experience has shown me that people have more chance to succeed if they promise to do less but then manage to do more. Running after commitments and promises that you have made will drain your energy. Give yourself a chance to breathe, make fewer promises and appreciate whatever more you can accomplish.

Guideline # 8 – Tell others that you are working with a coach.

If you are happy with what you are learning and achieving with your coach, share this with the people around you. You might help give them the push they need. Remember that you are lucky enough to be working with a coach and that any project that has merit should also be shared with a team.

Lead, mobilize and manage with passion!