

## What is Coaching?

Broadly speaking coaching is a process that allows an individual to reflect and gain awareness of who they are, what is important to them, their strengths, challenges, options open to them, and what action to take in order to make the changes they want in their work or life.

Unlike training and instruction where the emphasis is on the trainer imparting their knowledge to you, coaching focuses on helping the coachee to take responsibility for identifying their own goals, assessing their own strengths and areas for development, and identifying their own solutions for moving forwards.

This is achieved by the coach providing a safe, creative and non-judgemental space, asking thought-provoking questions and listening to help the coachee explore, reflect and make decisions.

Each Coaching Session is special. It's a unique exchange of ideas, thoughts, questions, observations and reflections between you and your coach - so a session cannot be scripted in advance. This list is to help you prepare and make the most of your coaching session with ideas of topics you may want to discuss.

### Feelings about...

- self/others
- health
- work/career
- finances
- life/meaning
- attitudes/habits
- a recent experience

### Positive events...

- achievements
- changes
- insights
- happiness/joy

### Other events...

- disappointments
- decisions
- concerns

### Future events...

- plans/commitments
- visits/meetings
- goals/actions
- strategies to get there

### Areas to get help...

- stuck
- missing/would like
- patterns/habits
- unsure about/confused
- fears and worry
- focus/motivation