

## 10 Tips on How to Make Great Use of a Coach

- 1) Be **open minded** and willing to explore new ways of thinking and doing things. Experiment and “mentally” try things on for size”.
- 2) Be prepared to be **truthful** with yourself, about yourself. In order to have an honest, truthful, open relationship with your coach, you must first have one with yourself.
- 3) **Open up** to learning from feedback. Whatever results you get, take the lessons from your results and be prepared to use them to propel you forward.
- 4) **Have a willingness** to take responsibility for your life, your actions, your emotions. Your emotions are nobody else’s fault! You own them! So the quicker you own up to your emotions, the quicker you can take responsibility for your happiness.
- 5) **Attitude counts.** Let go of **analysing why** you do this, and what happens with that. Just give yourself permission to let go of all the things that are limiting you.
- 6) **Stay** with the coaching process rather than jumping ahead or double guessing what your coach is doing and the reason for it. Double guessing is a great way of you avoiding your sensitive issues!
- 7) **Develop** a mind set which allows you to be challenged by your coach. *Respond* rather than *react* to these challenges.
- 8) **Listen** with all of your being to what is being asked or suggested or endorsed by your coach, rather than what you think is being said. The essential key to any great relationship is listening – after all that is what you’re paying for! To be listened to and to listen.
- 9) **Be non judgemental.** Your coach makes no value judgements about you, has no opinions about what is right and wrong in your life. Extend the same courtesy and explore everything on offer. Then you can make choices instead of judgements.
- 10) **Commit** to your growth and development. No-one can make you develop. It’s in your hands. You can take a horse to water...

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