

6
Areas



How to prepare for being coached

Six question areas that will help you to get ready for your first session

The following questions will help you to begin to form goals for a coaching relationship. They are not intended to identify specifics, but rather encourage thoughts or ideas.

Take a few minutes to sit quietly with the questions, writing down your answers on a blank sheet of paper.

1

What current goals (if any) do you have relating to the following areas:

Your work, e.g. Personal performance/effectiveness; Career development, progression; Ability to lead/manage others; Motivation, fulfilment.

Your lifestyle, e.g. Work/life balance; Social life; Hobbies/interest.

Your relationships with others, e.g. Your partner; Your immediate family; Your friends; Your extended family, i.e. relatives.

Your learning/development, e.g. Life experiences; Formal training/development.

Your sense of contribution, e.g. At work; At home; In your community.

Your health/well-being, e.g. Health; Nutrition and eating patterns; Fitness, exercise, relaxation etc.

2

Thinking about your current circumstances:

What would you like to do less of?
What would you like to do more of?

3

What would you most like to change right now if you could?

4

What's going really well for you right now and you'd like to build on? E.g. do more of it, or make it even better.

5

In what ways do you currently obtain learning?

By experience, i.e. done things; Formal study, e.g. taking qualifications; Through observation of others; Reading, listening to audiotapes, etc.; Structured training, i.e. courses; Mentoring or coaching relationships, e.g. discussions, feedback.

6

How much does your level and style of learning support your goals and objectives?



Take your answers along to your first coaching session and share them. They will really help the coach get to know about you and begin to focus on how you can maximise value from the relationship.

This document was based on material from the excellent book from Julie Starr *The Coaching Manual* - if you're interested in how coaching works, buy a copy!

