

JEN VERHAREN

COACHING

HOW TO MAKE COACHING WORK FOR YOU

HERE ARE SOME WAYS TO MAKE SURE YOU GET WHAT YOU CAME FOR:

Work with me, as your coach, to articulate exactly what you want. Be specific. If this is difficult for you, we will hone your goals on an ongoing basis until they are very sharp, distinct and measurable. Do not move to strategy or plans until you are clear on your goals.

Recognize that coaching is a process, not a one-time deal. The process of engaging in a provocative conversation repeatedly is what creates the breakthrough result. Stay committed- it works.

Do not tell stories. As your coach, I don't need the whole story to coach you. Some history and clarification will be necessary but stories can really drain the time away from a session. I need to know what you want, why you want it and what the barriers are.

Suspend and let go of judging yourself, your results and me. Curiosity, creativity and unprecedented results occur in a non-judgmental environment.

Be willing to be uncomfortable and think outside the box.

Keep the commitments you make during coaching and stick to your coaching schedule as much as possible.

"Clear the deck" during coaching sessions. Put aside emails, projects and distractions. Practice being fully present during all of our coaching sessions and I will too!

Come to each session with an intention and a chosen area of focus.