

My Coaching Preferences

How I want to be coached.

This tool will help you clarify and share your needs and expectations while in a coaching relationship. Trust and communication are the keys to successful relationships. The more your needs and expectations are communicated the greater your chance for a productive, enjoyable and developmental experience to be had. Be sure to review this periodically with your coach as your needs, expectations, and priorities are likely to change.

In a word, the one thing I need most from a coach is:

Explain:

I am motivated by many things, but 3 things that are most important to me are:

Example: Relationship with my manager .and co-workers.

- 1.
- 2.
- 3.

My top frustrations are :

My Main Objective in Coaching is: _____

How I wish to be held accountable is: _____

My coach can help me reach my full potential and main objectives in the following ways:

Lastly, one thing I really want my coach to know about me IS: