

FORD CONSULTING

10 Tips For Getting The Best Out Of Coaching

The following commitments are important if you want to really maximise the benefits of coaching:

1. Be clear about what it is that you want to achieve through coaching
2. Be willing to learn and to change
3. Assume ownership of your learning
4. Maintain an open attitude towards experimenting with new perspectives and behaviours
5. Be forthright about what is and what isn't working in coaching sessions
6. Engage wholeheartedly in the coaching process
7. Be willing to be vulnerable and take risks
8. Take responsibility for your agreed actions
9. Prepare thoroughly for coaching sessions
10. Take time to review learning and insights gained during coaching sessions