

COACHING



Role of the Coach

Goals Clarification.

Obstacles handled.

Accountability
reminder.

Limiting Belief
Elimination.

Support and
Cheerleader.

Obstacles: Anything that is getting in the way of working on or accomplishing the goals.

Examples:

Goal is not clear

Self Limiting Belief

Procrastination

Circumstance taking priority

Step to Address

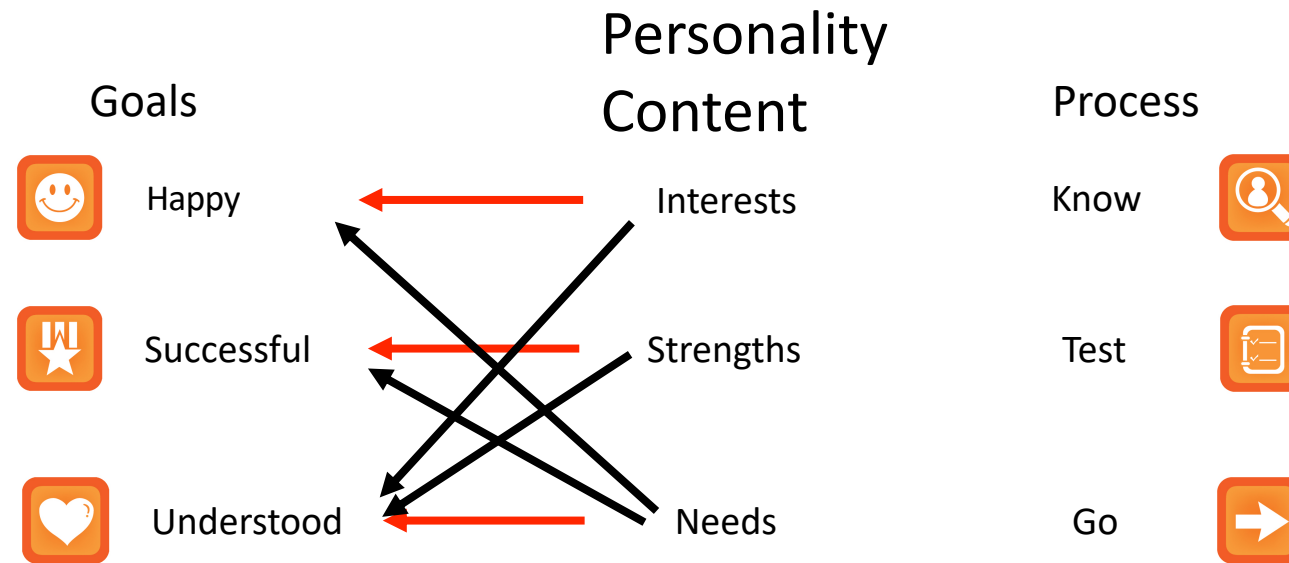
Goals

GoalS

GoAlS

GOals

Overview



Feedback Analysis

- Does the feedback confirm or add a strength to your list?
- Is any negative feedback related to a stress behavior? What need is not being met? How can the environment be modified to ensure needs are being met?
- What new or different actions does feedback suggest are required to achieve the goal?

Other Obstacles

- Have to/Choose to worksheet
 - Example: I can't work on my goal because I have to take care of my Mother
- Difficult or Troubling Situation
 - Example: I am so preoccupied with my tense relationship with my husband
- Irritation/Tolerance Worksheet
 - Everytime I take a shower I am perturbed that the door does not close properly
- Laser Coaching—when all else has failed

Have to/Choose to (Remember E+R=O)

Goal: Increase your Power and Response-ability while eliminating excuses

Remember you always have a choice

- I have to _____ A _____
 - If I don't _____ A _____, then _____ B _____
 - If I don't _____ B _____, then _____ C _____
 - If I don't _____ C _____, then _____ D _____

 - If I don't _____ X _____, then _____ Z _____
- I'd rather _____ A _____, then _____ Z _____
- I choose to _____

Have to/Choose to (example)

- I have to _____ pay taxes on time _____
 - If I don't pay taxes, then I will get a notice from the IRS.
 - If I don't Respond to the IRS, then I could be charged with tax evasion
 - If I don't resolve this, then I could be liable for penalties, go to jail, or have assets ceased.
- I'd rather pay taxes on time, then have to pay penalties, go to jail, or have my house ceased.
- I choose to pay my taxes on time.

Difficult or Troubling Situation

Goal: Increase Response-Ability while Eliminating Excuses

- Describe the difficult or troubling situation.
- How are you creating it or allowing it to happen?
- What are you pretending not to know?
- What is the payoff for keeping it like it is?
- What is the cost for not changing it?
- What would you rather be experiencing?
- What actions will you take and what requests will you make to get it?
- By when will you take that action?
- On a scale of 1-10 (10 being the highest probability), how likely are you to follow through on this action?

Irritation and Tolerance List

1. What is irritating you?
2. What do you need to do to fix it?
2. Who could you ask to help get it handled?
3. How do you stop yourself from asking?
4. What is the possible benefit of asking?
5. When will you ask them?

What is Irritating Me?	How Can I Fix it?	What Can I Delegate all or part of Fixing it to?

Adapted with permission from Jack Canfield, who copyrighted this work in 2016 by Self Esteem Seminars, LLP.

Laser Coaching Questions

- What is it that you truly want? How will you know when this is handled? What does success look like?
- Why is that so important to you?
- What has it, does it, or will it cost you if you continue on this path?
- What is holding you back from handling this? What justifications or rationalizations have you used to keep yourself from moving forward?
- What is the very next step that will get you moving ASAP—like in the next 15 minutes?
- Besides me, who, or what can you use as leverage to ensure you follow through on your commitment?

COACHING



Role of the Coach

Goals Clarification.

Obstacles handled.

Accountability
reminder.

Limiting Belief
Elimination.

Support and
Cheerleader.

Desired Outcome:

**A Goal that is Measurable in
Space and Time and Action
Toward it**

How much ?

By when ?