

*How can you get the most out of coaching?*

- Make your coaching a priority. Take this as seriously as work or family.
- Keep your coaching appointments and show up on time.
- Do all your fieldwork, every week.
- View your coaching time as something truly special, a gift.
- Pay close attention to what's working for you and what's not – and talk about it openly with me.
- Share with others what you're experiencing in coaching and ask them for support.
- Take notes or journal about what you notice or experience.
- Say no to any extra obligations if they might cut into your coaching focus.
- Take good care of yourself, especially in terms of sleep, diet and exercise, so you have a good store of energy.
- Be open and curious about ideas and trying new things; withhold judgment until you've really given something a shot.
- Practice self-compassion; begin to treat yourself and talk to yourself as you would a good friend.
- Take initiative – change happens when you take action.
- Arrive at our sessions as calm and centered as possible, even it's as simple as taking a deep breath before picking up the phone.
- Have fun and bring your creative side to our sessions.