



Whose Role is it Anyway?



Coach



Client

Setting the Goal

- Supports client actions toward goal-setting
- Holds client accountable to action plan
- Revisits the goal and supports client to revise as desired
- Supports the client to develop and hold the vision of "ideal life"

- Sets the goal
- Clarifies the goal
- Sets the timeline for accomplishing the goal



Coach



Client

Establishing the Coaching Relationship

- Agrees upon coaching schedule
- Adheres to the coaching schedule and Coaching Agreement as outlined
- Communicates with the client about any changes to the coaching schedule
- Keeps conversation centered on the client and their goal, with goals as the foundation for each coaching conversation.

- Agrees upon coaching schedule
- Adheres to the coaching schedule and Coaching Agreement as outlined
- Communicates with the coach about any changes to the coaching schedule



Coach



Client

Taking Action

- | Taking Action | |
|--|--|
| <ul style="list-style-type: none">• Supports client to determine what action items are most realistic and relevant to them• Remains client-centered and non-judgmental when co-creating Action Plan• Holds client accountable to completing action items as agreed upon between coach and client• Supports client to identify and remove any barriers (actual or perceived) hindering client action | <ul style="list-style-type: none">• Sets and agrees upon action items to complete• Completes action items as agreed upon between coach and client• Communicates with the coach about any barriers (actual or perceived) hindering action |



Coach



Client

Communication

- Expresses open, honest, and direct communication with coach
- Talks less than the client during coaching sessions
- Keeps the client's stated goal(s) as the foundation for every coaching conversation
- Facilitates client awareness and reflection by asking powerful coaching questions

- Expresses open, honest, and direct communication with coach
- Talks more than the coach during coaching sessions
- Keeps their stated goal(s) as the foundation for every coaching conversation