









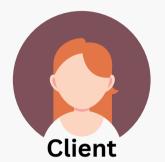
## Setting the Goal

- 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







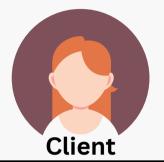
## Establishing the Coaching Relationship

- 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
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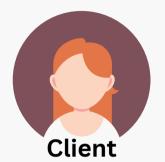
## **Taking Action**

- 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

- 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







## 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