



THE COACHING ALLIANCE

The basis for a great coaching partnership lies in how well we attend to our working alliance. During the course of our coaching we will check in with each other to make sure our alliance is healthy and works for us both. Please give some consideration to the following questions to jump start your thinking about what is important to you in our coaching relationship. It's your responsibility to co-create our relationship with me to insure it is a healthy and enjoyable process for you.

What will let me know the coaching is working for me?

If I don't feel heard, or kept on track – what will I do so the coaching will work for me?

The pace at which I like to work is:

This how I like to process information:

What I want from my coach is:

When I "slump" how do I want my coach to be with me?

Here is what might disappoint me about coaching:

Here is how I know I have a great coach:

What I never want my coach to do:

This is the secret I don't want anyone to know about me: