

# What can I do to get the best results from working with a coach?



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Knowing what works for you, what you want from your coach and coaching, will support you in getting the best results from working with a coach.

Creating this awareness can also help you decide who is the right coach for you and enable you to create a stronger rapport with your coach faster. Strong rapport will increase the value you get from each session.

You may already know the answers, however if you need support, asking questions such as the below can help:

What can I do for myself? Where can my coach add value?

What do I not want to talk about or be asked?

What are my boundaries in relation to receiving feedback?

How ready am I to embrace change?

How comfortable am I in being honest with my coach?

How comfortable am I with my coaching being honest with me?

How willing am I to stretch my comfort zone?

What can I do to make sure I am present and focused for every session?

What do I need to do to support myself in staying committed to the coaching engagement?

What do I need to tell my coach about me to create a coaching space I will thrive in?