

## how to get more out of your coaching

I want you to benefit greatly from the time we have together during each coaching session and also effectively utilise the time between our sessions to embed what we discussed. This brief guide is what most of my clients do to maximise the value from their coaching with me.

### **keep focused on your *Discover Your WorkStyle Guide***

The *Discover Your WorkStyle Guide* is an essential element in increasing your sustainable energy and all of my clients work with this guide. Please read and score this guide prior to our first session. I request you start handling at least one item per week. Keep me posted on your current score. The *Discover Your WorkStyle Guide* is included in this WorkStyle Wallet (document 05). If you enjoy this tool, do ask for our *Discover Your WorkStyle Guide* too.

### **make a list of what you really want in life**

Coaching works best when you have clear goals which are based on your values. Included in this WorkStyle Wallet is a list of popular goals (document 06) to achieve using the services of a coach, and pages on which to list your Top 5 Goals for the next 90 days (document 07). If you are not sure what your goals are, we can discuss them during our early sessions.

### **get to know yourself newly**

Working with a sensitive and empathetic coach is a positive way to grow. Most clients hire a coach to accomplish several specific goals and much of the time and focus is on these goals. Yet with coaching don't be surprised if you discover new parts of yourself or if you find your goals adjusting themselves to *who* you *really* are. This process is natural, so you needn't rush it, just realise it will likely happen. Accelerated professional and personal growth is the hallmark of being coached.

### **double your level of willingness**

Part of working with me as your coach is that I will ask a lot of you. Not too much, I hope, but certainly more than you may have been asked recently. I need you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that you are able to right now. This is so that you can more effortlessly reach your goals and live an integrated and fulfilled professional and personal life, using the gifts you have and enjoy life as it was meant to be enjoyed. The kinds of things that I need for you to be willing to do include:

- Get your energy from healthy vitality
- Eradicate all triggers of adrenaline
- Be willing to set and enforce boundaries
- Start telling the absolute truth, regardless
- Experiment and try new things
- Remove all sources of stress in your life
- Redesign how you spend your time
- Set goals that are much bigger
- Change your behaviour, a lot
- Re-look at the assumptions/decisions you have made
- Obtain the support you need to handle a problem
- Start treating people much better
- Raise your personal standards very high
- Stop tolerating and suffering stuff in your life
- Have fun ☺

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