

## Am I Ready For Coaching?

The greater your responsibility, the greater the pressure on you to focus on and address external matters. You focus on meeting work and family obligations and duties, attempt to satisfy and maintain the demands of many relationships, and then you address what matters to you with whatever time remains. Do you wish you had time and space to delve into what really matters to you? Do you have facets of your business and personal life and performance that would benefit from genuine attention? Could you benefit from a safe, confidential space with a trusted confidant? If you answer 'yes' to any of these questions, you can definitely benefit from coaching.

Coaching is a fabulous way to take charge of your life, improve personal performance, own a new work role, strengthen relationships, deal with conflicts, manage a transition, develop personal capabilities, pursue stretch goals, and manifest dreams.

Getting the most out of coaching requires preparation. Having the right mindset and approach enables you to gain the most from coaching. You are **READY** or **best prepared** for coaching **IF** you are willing to:

- take real action to create your own results;
- eradicate old, redundant and limiting habits, thought patterns and beliefs;
- be challenged in thought, feeling and behaviour;
- take responsibility for your own results;
- drop excuses for poor performance; and



*Am I ready for coaching?*

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### Abstract

*This article discusses how you can know coaching is right for you, and that you are ready for it; how to have the right mindset when working with a coach; and how to prepare for a session to gain the most value.*

### Keywords

Attitudes, behaviours, beliefs, coaching, feedback, insight, leadership, leadership coaching, learning, personal growth, personal power, responsibility

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- be open to self-directed learning of new skills and ideas.

### OR

- at least wish to occupy this growth space and develop these capabilities.

As your coach, I create a confidential space within which you experience unrestricted self-governance. You set the agenda. You work on what matters to you. It may be quite an unfamiliar experience to be in an environment where you focus solely on what matters to you without anyone else taking any degree of responsibility for what you do or create for yourself.

### Offer: A Free Coaching Session with Stephen

If you have never had a coaching session with me, you are invited to experience a free coaching session. To take up this offer, complete and submit the [Coaching Preparation Questionnaire](#) (click [here](#) for the questionnaire) and then book the free (up to 90 minutes) session (click [here](#) to book the session).

Coaching will enable you to enter new, previously unexplored, territory. I support and enable you by walking alongside you as your guide. I use questions to assist your exploration, expand your thinking, and confront new possibilities. I provide space for you to consider and reflect, generate insights, and develop approaches and ideas that work for you. Being with “not knowing” is integral to the coaching process. It precedes insight, the generation of one’s own solution that meets your unique approach and learning style, and which you own because they are your own ‘Eureka’ moments. A major outcome of coaching is your strengthened self-awareness and your capacity to intervene on yourself when you recognise you are undermining your own performance. Coaching is offered to support you generate ideas and pursue solutions. Are you ready for the benefits that coaching can offer you?

Being “ready for coaching” also considers how to prepare for a session, the first in particular. One of the tools that can assist you be ready for coaching is the Pre-Coaching Questionnaire. It is a simple process to assist you clarify and focus on what matters to you. While it provides me, your coach, with useful information, it is primarily offered to support your preparation for coaching. You benefit from completing it more than I do.

Coaching may be used to establish and pursue goals over an engagement (an agreed series of coaching sessions)

or to address burning issues a session at a time. It can also be a combination of these and other possibilities. When you turn up for a coaching session, it is great if you already know what you want to work on, and are prepared to work. If you are not clear on what to work on, at least be prepared to work, to think, to be challenged, so that I may assist you gain the clarity that is eluding you. We will partner together in creating the purpose of the session, and ensuring you walk away satisfied with the time we spend together.

If coaching is right for you, or you wish to explore how it may help you, fill in the *Coaching Preparation Questionnaire* (click [here](#) for the questionnaire), and book a free initial coaching session with me (click [here](#) to book a coaching session).

In summary, you are ready for coaching when you:

1. recognise that you will benefit, get real value, from coaching;
2. have the mindset and attitudes, or the desire to have such, that would make coaching work for you; and
3. are prepared to get as much from a session as you can, knowing what you wish to work on, or at least being prepared to work with your coach to develop that clarity.

***Coaching can support you create the best outcome when working with areas covered by this article.***

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