



Coach Self-Reflection

Observing our own thoughts and behaviors during a coaching conversation is an important attribute of a coach. Being fully present and self-reflective ensures you aren't impacting client engagement in a way that leads to resistance. Here are a few things to consider.

Talking Too Much

Remember the 80/20 Rule

The client should be doing most of the talking during a coaching conversation – 80% of it! If you find yourself talking more than 20% of the coaching session, you're talking too much, which could cause your client to stop listening and disengage.

Say to yourself "WAIT" = **W**hy. **A**m. **I.** Talking.

Playing Fix-It

Your clients are not a problem

All clients are creative, resourceful, and whole. Your job is to appreciate that your client is an individual to be appreciated and understood, not someone who needs to be fixed. What if the client doesn't agree they need fixing? Hold space for your client to be who they are and do what they need to do.

A Perfect Solution

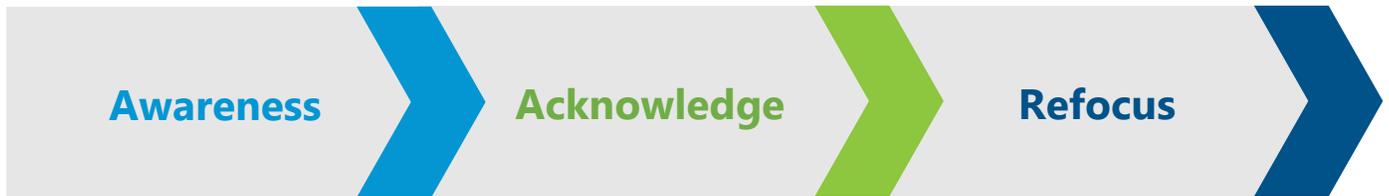
Don't Let Perfection be the Enemy of Relationship

The strength of the coaching journey lies in the relationship between the coach and their client. Thinking that you, the coach, need to identify a perfect solution to every situation may cause your client to become disengaged and frustrated. Ultimately, your client determines the value and effectiveness of your coaching – focus on being in service to your client and helping them identify an approach to achieving their goal that works best for them.



Bad Habit Barrier Busting for Coaches

Ensure you don't become stuck in barrier- or resistance-creating habits by utilizing this barrier busting process.



Awareness

Notice that you are doing or thinking something that is not helpful (e.g., talking too much).

Acknowledge

Acknowledge that you are doing or thinking something that might be creating a barrier for your client, and let it go.

Refocus

Shift your attention back to a more effective thought or behavior (e.g., invite your client to share what is on their mind; explore their ideas for what might work in the situation).