

TIPS FOR GETTING COACHED

1. The session is NOT simply a check-in (though you may want to start your time with a brief check-in). Your peer coaching is potentially a potent opportunity to learn, to improve the quality of your work, and to make positive changes in your work and life.
2. Prepare for the session. Come having already thought about what you want to get out of the session. **Review this handout prior to the call and have it handy during.** Also consider actually doing a POP – how can you get the most value out of this time?
3. You (the client) can choose to focus wherever you choose.
You may want to work on:
 - challenges in your work life
 - challenges in your personal life
 - help planning a particular meeting or event
 - preparing for a courageous conversation
 - working with the daily practices
 - help in harvesting lessons from something which didn't go well
 - actually . . . anything
4. Sessions Over Time
While you can get value out of taking each coaching session as an isolated event, there is also great value in establishing some ongoing goals for your coaching. The goals might be around:
 - moving some particular work forward
 - developing particular leadership attributes
 - practicing and developing particular skills
 - team or organizational goals
 - making shifts in the way you work
 - changes in your personal life
 - etc.

You can then use your coaching sessions to help keep you accountable, get support and feedback, and track your progress over time.
5. For pre-work, we had you fill out the **Lifestyle Satisfaction Index**. Sharing your results with your coach might be a great way to help launch your peer coaching.

6. The **Wheel of Change** is also a great aid for your coaching. If you have taken LIO in recent years, you should be familiar with this.
 - It is a model for a systemic approach to making change.
 - In all of your coaching, keep looking at things through the framework of the Wheel of Change:
 - o What needs to change in my Heart/Mind (my inner life)?
 - o What needs to change in my Behavior?
 - o What changes do I need to make in Structure (the externals of my life)?
7. Some of your peer coaching will be about gaining support for challenges and opportunities that arise between your sessions. But we are also inviting you to use the coaching, in an intentional and proactive way, to make positive changes in your life. Use the **Personal Change Plan** to help focus the changes you wish to make
8. To repeat: Prepare for the session.
Taking even a few minutes before to get clear on how you want to make use of the time is the single most important thing you can do to get value from your peer coaching.
9. Last tip: Take charge of the sessions.
It is your responsibility to get the value you need.