



Top 10 Ways to MAXIMIZE Your COACHING!

1. **Focus on how you feel and want to feel; not just on what you want to produce.** Results are very important; but the feelings you experience during your day are equally essential, such as feeling happier, more peaceful, and more inspired. Results and feelings – enjoy having both!
2. **Talk about what matters most to you.** You are free to talk about anything/ everything during the coaching session; your goals, your life, your needs, what you want to improve, what's bothering you, an idea you have, a problem you are dealing with, even stuff that may not appear to be useful at all.
3. **Sensitize yourself so that you see and experience things earlier than before.** Coaching helps you to recognize opportunities as they occur, instead of seeing them too late. How? By reducing whatever is clouding your ability to see or numbing your ability to sense - we call this process “sensitizing yourself.” The more you can feel, the faster you can respond to events and opportunities. You sensitize yourself by reducing or eliminating alcohol, television, adrenaline, stress, and caffeine.
4. **Feel coached during the 10,000 minutes of your week; not just the 30 minutes of your session.** There are 10,080 minutes in a 7-day week. What you and your coach talk about during your sessions will resonate with you during your week, and some of the seeds or ideas that have been discussed will grow between sessions. All you have to do is this: fully live your life between coaching sessions and be open to seeing what you and your coach talked about take form.
5. **Reduce the drain and strain in your life.** Coaching works because it focuses you in two areas. First, you'll be helped to stretch yourself further, take more actions than you would on your own, and devise/implement effective strategies to get what you want. At the same time, you will also be identifying and reducing things that drain and strain you, such as tolerations, stressful situations, difficult relationships, pressured environments and recurring problems.
6. **Get more space, not just time, in your life.** Coaching needs room in order to work. Simplification gets you space. Space is needed to learn and evolve yourself beyond where you are today.

Simone Peer MA,PCC
Certified Life Coach



7. **Become incredibly selfish.** Coaching is about you and what you most want. At the very least, you'll want to become selfish, in the sense that you are what matters most. When you are happy and are doing well, others will benefit as well.
8. **Be open to seeing things differently.** In coaching, you will be working with your goals (the what); and your strategies to reach these goals (the how); and you will also be working on yourself (the who). There are always newly developed concepts, principles, distinctions, and evolutionary steps to learn. You won't be forced or even encouraged to make these changes (given they are so personal), but I do ask that you at least consider different approaches and ways of thinking and try them out to see if they work for you.
9. **Be willing to evolve; not just develop yourself.** You'll be learning how to accomplish more with less effort (developing), but you will also be thinking differently and expanding yourself and your world (evolving).
10. **Design and strengthen your personal and business environments.** Use part of your coaching time to design the perfect environment in which to live and work. Be willing to invest some time – and money – in improving your environment so that you feel supported to be your best.

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