



The Nature of Professional Coaching

WHO

The Coach works with a client who is up to something and who is willing to include another party in the design, implementation, and success of it.

WHAT

The Coach works with each client to:

- Become fully self-generative by being whole and well.
- Take the smart actions rather than just be busy.
- Build a sustaining community for love, resources, and support.

WHERE

The process of coaching occurs daily, regardless of how often the sessions are held.

- Coaching Conversations: Scheduled calls, Emergency calls, and Success calls.
- Client support structure: Buddy system, Seminars led by coach, Social events hosted by coach.
- Homework: Making promises for actions to take. Increasing program scores like Clean Sweep.
- Reading and studying

WHY

The Client hires a Coach in order to:

- Accomplish something special—Personal or Professional, Project.
- Restore their heart, soul, and quality of life.
- Contribute well by discerning, developing, and sharing their gifts.

HOW

The Coach coaches using the following methods:

- Sharing information: Drawing distinctions, Offering perspective.
- Providing structure: Asking a lot, expecting the clients best, and being unconditionally constructive.
- Training: Being a model for the client, walking the client through the growth steps, Giving specialized instruction.

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Three Coach Distinctions

Most of us are familiar with the dynamic of sports or artistic coaching. But, how are they similar and distinct from Professional coaching?

Briefly, **a Sport Coach** works on the following:

- Team building (how to work together to reach the goal)
- Individuals, specific and functional skills training (how to throw the football)
- Motivation and drive (get off your butt and WIN)

An **Artistic Coach** works differently, more like a one-on-one mentor.

- Long hours perfecting skills, under careful eye of coach
- Demand and inspires absolute best; client often “does it for the coach” when can’t do it for her/himself

A **Professional & Life Coach** includes some of above, but it comes from a unique prospective:

- Client is already perfect, just as s/he is
- Work focuses on subtle distinctions of life, which helps the client to become self-motivating and self-directing, the coach just delivers messages, and there is no force or push

All Coaches Have Several Things in Common:

- Structure
- Techniques and procedures
- Clients who want to achieve something
- Skilled coach who has been there or at least nearby

What Does A Professional Coach Coach You On?

Your Way of being

- How you come across
- How you respond
- Who you are

What to Say

- The words you use (language, articulation)
- Telling the truth
- How you say it

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**Action to take**

- ▶ Taking extraordinary care of yourself
- ▶ Completing things around you
- ▶ Developing strong relationships with key people

Perspective

- ▶ Seeing all of what is there
- ▶ Seeing yourself clearly
- ▶ Seeing all of who is there

What Does a Coach NOT Coach You On?

- ▶ Understanding why – Rather, on seeing all that is there
- ▶ Changing your beliefs - Rather, shares the messages that move you.
- ▶ Giving Answers – Rather, prompts you by asking questions and co-designing solutions.
- ▶ Figuring out situations – Rather, focuses on you and what you are going to do, regardless of the circumstance.

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