



## ***HOW TO GET THE MOST OUT OF YOUR COACHING***

My commitment is that you benefit greatly from the time we spend together. This brief guide will help you to maximize the value from your coaching with me.

### **MAKE A LIST OF WHAT YOU REALLY WANT IN LIFE**

Coaching works best when you have clear goals that are based on your needs and values. Included in the Start up Kit forms is a list of popular goals and a form on which to list these. If you're not sure what your goals should be, we can discuss them during your call.

### **KEEP FOCUSED ON FOUNDATION OF INTEGRITY**

A strong foundation of integrity is an essential element in successful coaching, which means your thoughts and actions are in alignment with your values and standards. If you haven't yet, start handling at least one item per week related to your personal integrity. Keep your coach (me) posted on your current progress.

### **GET TO KNOW YOURSELF ANEW**

Working with a sensitive, direct, and empathic coach is a powerful, healthy way to grow. Most clients hire a coach to accomplish several specific goals and much of the time and focus is on these goals. Yet, with coaching, it is common to discover new parts of yourself or find your goals adjusting themselves to who you really are. This is natural, so you needn't rush it, just realize it will likely happen. Accelerated personal and professional growth is the hallmark of being coached. Get to know yourself more by completing any client forms I send you from time to time. These pinpoint who you are, what you're up to, what you need, and what really fulfills you. You may discuss this with me when you wish.

### **DOUBLE YOUR LEVEL OF WILLINGNESS**

Part of working with me, as your coach, is that I will ask a lot of you. Not more than you are capable of, but certainly more than you may have been asked recently. I need you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that you are able to right now. This, so you can more easily reach your goals and live an integrated, fulfilled, and balanced personal and professional life, and enjoy your life.

Here are some of things I need for you to be willing to do:

- Change your behavior
- Redesign how you spend your time
- Set goals that are much, much bigger
- Re-look at the assumptions you have
- Start telling the absolute truth, regardless
- Get support you need to handle a problem
- Stop tolerating or suffering about your life
- Respond to all sources of stress differently
- Raise your personal standards
- Start treating people much, much better
- Eradicate all triggers of adrenaline
- Experiment and try new things

**Simone Peer MA,PCC**  
Certified Life Coach



### COME TO THE COACHING CALL PREPARED, WITH AN AGENDA OR LIST

We have 45 minutes together and you'll want to have a written list of things for you to share and us to discuss. Having this agenda helps you get what you want from the call. On this list, include things like:

- Successes and wins that you've had during the week
- Problems or challenges you faced and how you handled them
- What you're currently working on and how it's going
- Insights, aha's, and new awareness which excite you
- Report on the homework you completed
- Advice you want from me regarding a situation
- New skills you want to develop
- Strategies you wish to develop

### ENJOY YOUR CALL

We have work to do together, clearly, but enjoy the call with me. After several sessions, you may find that we take a little time to catch up on other parts of your life that mean a lot to you or you may want to share something personal and confidential. You may even find that we laugh during the call—at life, how you've grown, how things happen. Coaching calls aren't gabfests, but they are enjoyable. What I mean is that they needn't be intense or an effort for you to produce the changes you know are possible. Feel free to set the tone of the calls, and I will respect what you need.

### KEEP YOURSELF WELL BETWEEN OUR SESSIONS

Coaching can require energy: emotionally, intellectually, and physically. Given this, I want you to take extraordinary care of your well-being while being coached. Only you know what this looks like, but I suggest you go much further than you ever have done before in this regard. The place to start is to develop a list of 10-15 habits you will do daily which keep you well. Some of the habits my clients have developed into a routine are:

- Walk/Exercise
- Read
- Handle an incomplection
- Meditate
- Underpromise
- Take vitamins
- Start being early
- Floss
- Reduce fat intake
- Listen to great music
- Eat more vegetables
- Schedule massages/facials
- Write in your journal
- No caffeine, no drugs
- No sugar abuse
- Drink lots of water

### DO YOUR HOMEWORK EACH WEEK

This is not homework like in grade school. These are tasks, actions, results or changes you are telling yourself and your coach (me) that you will complete before our next call. You must apply yourself and use the homework to help you achieve your personal and business goals.