





What's your coaching journey?



method

education
analysis
supervise

concept

mentor

coach
boss

instructor
work
seminar

drill

govern

improvement

theory
management

presentation

manager

improvement

improve

strategy

instructor
tutor

practice

option

plan

analyze
teach

trainer

instructor

tutor



“partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential, which is particularly important in today’s uncertain and complex environment”.

IT'S NOT ABOUT THE COACH | STUART HADEN



IT'S NOT ABOUT THE COACH

Getting the most from coaching
in business, sport and life

STUART HADEN

How coachable are people at work? 60%

Can an increased focus on “coachability”
improve the coaching experience?

How “coachable” are you?



Coaching Contract



- Clear shared agreement about the goal of their work – the direction and the desired outcome.
- A clear understanding about how the coaching work will happen and what will be the role or tasks of each party.
- Bonds of mutual respect and empathy. A relationship in which the coachee experiences him or herself to be understood and warmly accepted even after he has shown his vulnerabilities.



The Power of Questions

Simply Listen



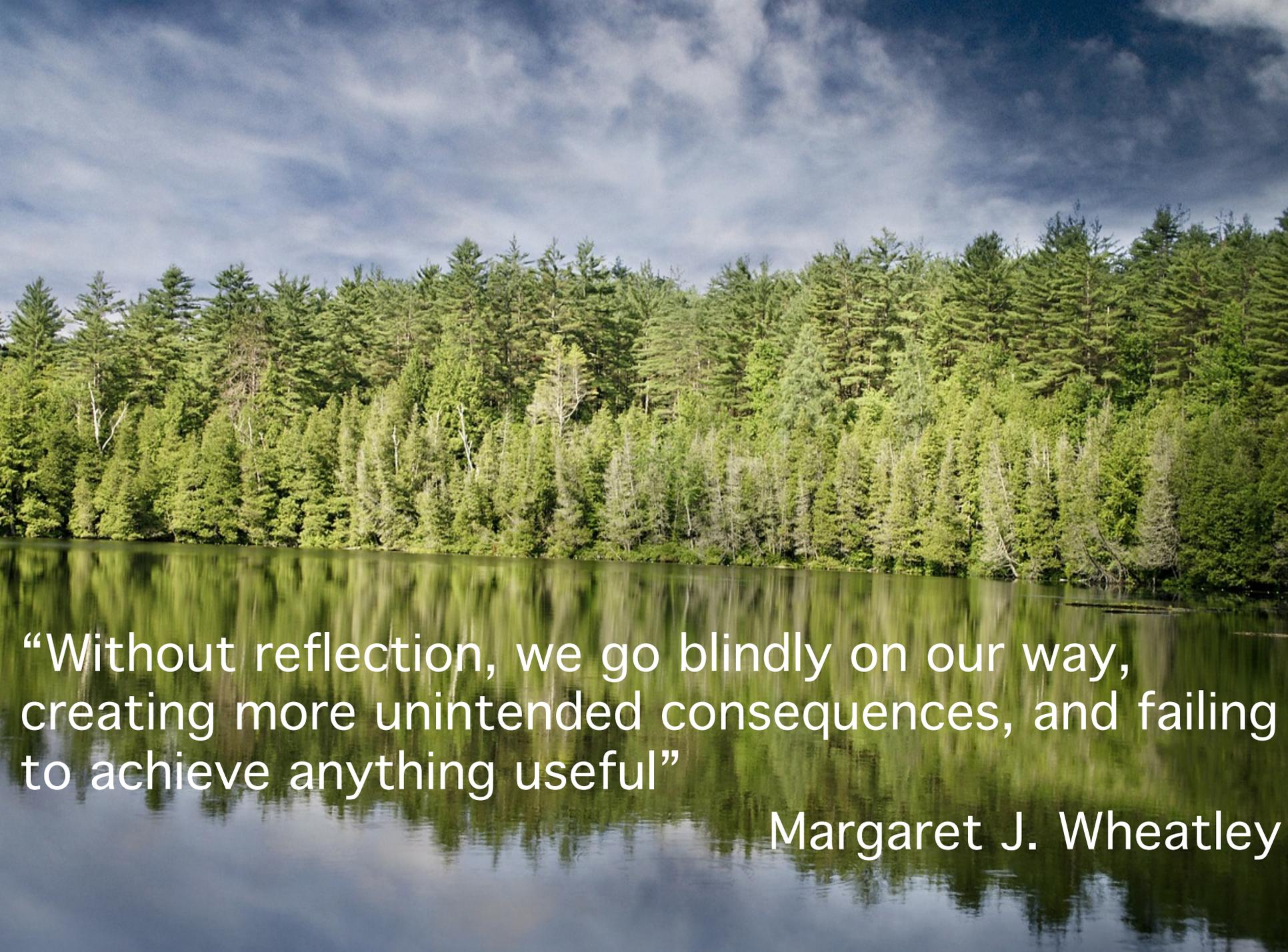


Let's have a conversation...



“There are many spokes on the wheel of life.
First, we’re here to explore new possibilities”.

Ray Charles



“Without reflection, we go blindly on our way,
creating more unintended consequences, and failing
to achieve anything useful”

Margaret J. Wheatley

Final Thoughts

1. What is the most important thing you learned today?
2. Describe how you will change your practice back in work
3. Talk for 30 seconds about what you just learned
4. What are you going to tell colleagues about the course so far?
5. Give another member of the group a piece of positive feedback
6. Give yourself a piece of positive feedback

Where Next?

www.mindtools.com

International Coach Federation

World Executive & Business Coaching Summit (WBECS)

Coaching for Performance – John Whitmore

Mastering Coaching or Tao of coaching – Max Landsburg

TEDx GatewayArch – Building Your Inner Coach (Brett Ledbetter)

Future Learn – Mindfulness for Wellbeing & Peak Performance



*“Coaching is unlocking a person’s potential
to maximise their own performance”*

John Whitmore



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