

# The Coaching A to Z's

About choice.

Be honest.

Coach. A coach is great support, get one for yourself.

Direction. Always moving forward.

Example. Live as one for your clients.

Feel your best. Do what you have to in order to feel this way.

Give sparingly of your time.

Help. If you need some help, allow others the gift of helping you.

Integrity. Have some. More than just some.

Join coaching support groups.

Know that it is not your job to know everything.

Live your best life.

Move forward.

Not. Coaching is NOT for everyone.

Open your mind and your heart.

Pleasing everyone is not an option. Accept this.

Questions (ask them). This is the number one principle in coaching.

Reality. Everyone's perception of reality is different.

Solutions. The clients has them inside themselves.

Together. Work together to help them achieve their goals.

Upfront. Be it with others.

Values. Make sure you know yours and that you live in accordance with them.

Wants. Help your client figure out what they *want* to do verse what they feel they *should* do.

eXpose your inner strengths, and your clients.

Your way is not always the best way for the client. Only the client knows the best way for them.

Zzzzzz. Live your life in a way that allows you to have peaceful sleep.