

The Value of Coaching

As we enter into a coaching relationship, there is a question you must address for yourself:

“Do I value coaching?”

The way you choose to answer this question will determine the value you receive from coaching. To the extent that you value coaching, it will be of value to you.

So, take a moment and ask yourself the following questions.

- Do I value coaching enough to make quality time for it—time when I have the energy and space to make the best use of the coaching experience? I may need to negotiate with family, friends, colleagues, or others in my life for time to do this.
- Do I value coaching enough to invest myself in the process—to dig deep, take risks, tell the truth, stretch myself, move out of my comfort zone, act on the possibilities, do the field work, be responsible, trust my own instincts, push myself, trust my coach, design and live the life I want?
- Do I value coaching enough to assert what I want to get out of the coaching partnership? It’s my life, and the answers really are within me. I must decide what I want, then do the work with my coach’s support and guidance.
- Do I value coaching enough to be accountable to myself—to do what I’ve decided I want to do to get what I want to get?
- Do I value coaching enough to keep and be on time for my appointments?
- Do I value coaching enough to decide the fee I’m paying is not a deterrent to my progress? If I choose to worry that coaching is not worth the money, I probably won’t get my money’s worth!
- Do I value coaching enough to expect the best from my coach? My coach is here for me, and has pledged to offer me all the resources available to him on my behalf. He wants to be used!
- I value coaching, and today I pledge to use this new tool to its maximum value by doing all that I can to make my coaching experience a success!

signature

date

