



POSITIVE COACHING SOLUTIONS

Come Prepared with Coaching Topics

One of the things we consistently hear from graduates is how important it was to have thought of some topics to be coached on ahead of time. They also say over and over again that the coaching they receive is the class from their fellow students was worth the price of admission.

Throughout your training, you will be actively participating in numerous coaching exercises. You will be coaching in small groups, triads, and pairs, both as coach and coachee. This means you have many opportunities for personal coaching on numerous topics by fellow students.

Trust us (and your predecessors) when we tell you that it can become quite challenging to come up with a meaningful and manageable coaching topic right off the top of your head, over and over again throughout training. Therefore, we **STRONGLY ENCOURAGE** you to give this some thoughtful consideration before the class starts. Using the worksheet below, jot down a list of topics on which you would like to receive coaching.

Good topics include something you would like to make a decision about, a relationship that you would like to change, a situation in your personal or business life that needs attention, a personal goal that you have been unable to achieve, a problem that needs to be solved, something in your life that you are not happy with, and you don't know what to do, and so forth.

Your co-participant-coach will help you narrow the topic to something manageable, if necessary, but you can do them (and you) a favor if you bring topics that are fairly crisp and not too big (which I refer to as “boil the ocean” topics).

We ask you to bring (at least) 10 separate topics! You may think this is crazy, but by the end of your training, you'll be very happy you thought about this ahead of time.

My Coaching Topics:

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Note: Remember to have it handy for quick reference during the training.