

## ***A Coaching Mindset is Not Static—It Grows or Declines Over Time***

In our personal and professional growth as coaches, we must bravely and honestly take hard looks at ourselves, our beliefs, and our actions. We have a constant responsibility to check what we say and what we do to ensure that we are living in integrity, engaging in continuous learning, expanding our self-knowledge, and committing ourselves to serve our clients and, in fact, all those around us. That is what it really means to be a coach – living it, intentionally. And now you will be representing a higher level of coaching professionalism, we believe demands an even higher level of commitment to living your coaching values.

All of the tools, models, and techniques learned in this program will allow you to “do” coaching at a high level of expertise – you are well prepared for that. What will set you apart in all things is your ability to live your life as a coach. BE a coach—it has the power to change the world immediately around you and beyond.

In your pairs, take turns interviewing each other, exploring lessons learned, where you each want to go and what your game plans are for credentialing, for your business, for the rest of the year and long after. If it is helpful, feel free to use any of the questions below.

1. What do I now bring to my clients as a result of this training?
2. What do I see in each client that reflects who I am? Or who I want to be?
3. What can I learn from my clients?
4. How can I be more intentional and purposeful in my life—professionally and personally?
5. What are some of my own self-limiting beliefs or biases, and how will I deal with them now?
6. Where do I go for my own Coaching? Where and when might I reach out for Supervision?
7. How well do I walk my talk?

Returning to these questions from time to time as part of your ongoing reflective practice can be a useful activity to support your continuing growth both professionally and personally.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_



## CORE COACH CERTIFICATION PROGRAM

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.