

IMPACT By Coaching



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Accelerate Your Coaching Skills (Part 1 of 2)

Exercise your coaching skills! No one would expect a person to get fit by simply watching films and listening to a theoretical lecture. Nor would you expect lasting results with a one-time practice session.

This newsletter has 525 words and should take about 3 minutes to read.
A small price for knowledge!

In many ways, **the coach** functions as a personal trainer, reminding the coachee to act in their best interest – to do what he or she intellectually knows. Good trainers spend more time on execution than on theory. The same is true for developing your coaching skills. .

Coaching effectively is a learned skill. We lead fast-paced lives and are responsible for business results as well as developing people. The old quote is true, “The desire for knowledge, like the thirst for riches, increases ever with the acquisition of it.” (Laurence Sterne)

With this in mind and your desire to expand your skills, here are some ways to become a better coach and leader!

1. Be dissatisfied with your current skills. Growth for growth’s sake is good. Those who want to achieve more are those who say to themselves, “I want to grow. I want to be better. I am willing to do what it takes to get there.” When you become dissatisfied with your current skill level, you create an insatiable drive to do what it takes to improve your coaching skills.

2. Visualize the benefits of improving your skills. Keep them at the forefront of your mind. Ask, “What can I learn from my increased ability? How will it help me to help my team, my peers, or my company?” Use the answers to move forward on your personal development plan.

3. Identify your “Gaps”. If you want to improve, one of the best ways is to start with an area that you consider “not- my-best”. Take some time to consider one or two areas that you feel could be improved if you took time to focus on them for awhile. Making improvements, even incrementally, will give you confidence to continue to work on areas “less than your best”.

4 through 7 – see next month!

Seeds of change:

There is only one corner of the universe you can be certain of improving, and that's your own self.

~~Aldous Huxley (1864-1963) English Novelist

“mighty oaks from tiny acorns grow”



Tips To...
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