

10 Tips to Get the Most Out of Coaching

1. Be mindful of your intention for each session.
2. Acknowledge your feelings during the session, not just your production goals.
3. Discuss issues that are important to you simply because they are not because they should be.
4. Be open to seeing things differently.
5. Be present in each coaching session. Don't let interruptions take your mind away from the session.
6. Carry the lessons you learn during a coaching session throughout the whole week.
7. Allow yourself to fully immerse in growth. Cut back on hours or roles if need be.
8. Be open to evolve not just improve skills.
9. Surround yourself by supportive people.
10. Complete all exercises given to you by the coach.