



11 Quick Tips to Maximise Your Coaching Experience!



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1. Always be honest with yourself and your coach
2. Be willing to commit to coaching. Even though coaching is not hard work, commitment on your part is necessary for you to grow and achieve the goals that you and your coach set together
3. Always be punctual for your designated coaching sessions
4. Apply what you learn. Starting from your very first session begin to apply your new information to your everyday life.
Knowledge is power – only when you use it!!!
5. Always search for new ways / new areas in your life to apply your coaching.
6. Keep a journal. Record your coaching experience. Look back at how much you have progressed, grown and evolved.
7. Be willing to overhaul every area of your life if necessary (Personal, Business, etc.).



8. Be selfish. Remember, primarily coaching is all about you, you, you. The moment you have clarity, happiness and fulfilment the people around you with immediately begin to benefit.

9. See your coaching as an opportunity for personal transformation – don't be feared of change, learn to embrace change.

10. Communicate with your coach whenever you feel the need – your coach is there for you!

11. Most of all, ENJOY and have a BALL!! As human Beings we progress, learn, grow and evolve the most when we are having FUN!!!

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