



Top 16 Expectations - What should I expect from Coaching?



Top 16 Client Expectations - What should I expect from Coaching?

Through coaching - almost - anything is possible. However, here are 16 things you should '**Expect**'!

- **Expect** your coaching to work for you
- **Expect** a great partnership with your coach - a partnership that will last as long as you choose
- **Expect** to realise your real potential
- **Expect** to finally make the decisions that you have 'put-off' in the past
- **Expect** to focus on your future – not on your past or on the impact of your past on the present!!
- **Expect** to enhance your existing skills and develop new ones
- **Expect** win/win solutions
- **Expect** to work on the areas of your life that most need addressing
- **Expect** to work on some of the most important areas of your life to create the balance and quality you want
- **Expect** to be understood and seen as a phenomenal Human Being



- **Expect** to work on Personal and Professional Goals
- **Expect** to discover more about yourself – beliefs, values etc.
- **Expect** to set goals that motivate you to achieve
- **Expect** to finally achieve some of the goals and ambitions that you may have previously given up on
- **Expect** to start winning in your life
- **Expect** your coaching experience to be enjoyable, rewarding and highly empowering!!!