

BEING A COACH TO YOUR TEAM WORKSHEET

Strategies:

- Coaching starts with confidentiality & trust.
- The coachee should create the solutions.
- Leave the agenda at the door and focus on the agreed upon goal without judgement.
- Coaching should be about the entire person not just one or two attributes.
- You are equal partners with the coachee.
- Look to the next actions & future.
- 1. How can you ensure you are leaving your biases at the door and creating an environment of trust and confidentiality in all coaching sessions?

2. What kind of goals do you want to help your team reach? Why? Create some sample goals in case your coachees are not sure where to start.

3. Resist the urge to offer solutions and ask probing questions instead. Create a list of probing questions that will help your coachee to get to the solution and think bigger. (ie. What could you have done differently? How do you think that situation could have been handled better? What would you change moving forward? etc).