

How to Get the Most Out of a Coaching Group

1. **Set an intention.** Decide what you want out of the group and what area or areas of your life you want to address. It could be a specific project, such as increasing your sales by 20%, or it could be a general life area, such as I want to design a better sense of balance in my life.
2. **Be “coachable.”** Come to the program with the decision to be open to receiving new insights from the coach and from others in the group. Be open to listening and learning. Don’t come to the group as if you already know. In Zen, there is a term called “beginner’s mind.” It’s a great thing to bring to coaching.
3. **Play full out.** Decide in advance that you will do all of the assignments, communicate with and support others in the group, set big, audacious goals, and intend to reach them. It matters less whether or not you actually do – what is important is who you get to be in the process.
4. **Be fully engaged with the group.** Everyone there can be your teacher and mentor. Decide in advance that you’re there to grow with the group and to support others in their growth.
5. **Keep your word.** Do what you say you’ll do during the course of the group. Develop a stronger relationship to your word. That alone will bring enormous benefit from the coaching program!
6. **Recognize that this program isn’t therapy!** While the group will be supportive, it’s not a support group. While it will bring about change, it’s not about your psychology. Coaching is for people who are already successful and well, and who are committed to taking their life to the next level in one or several areas.
7. **Talk about what matters to you most.** Be willing to share what is important to you and where you want to shift your life. Ask questions. Listen to answers. Share yourself with others and be open to hearing new ideas.
8. **Be open to seeing things differently.** Be willing to examine your assumptions, already held beliefs, and ways of operating in the world – especially those that are so ingrained in your way of being that you have become “blind” to them.
9. **Become incredibly selfish in order to reduce energy drains.** This coaching program will help you to identify and reduce things that drain and strain you such as recurring problems, difficult relationships, time crunches, and unpleasant environments.
10. **Come free of judgment.** In order for everyone to be in a safe and creative space, we all need to come to the program free of judgments, biases, and prejudices. People from all walks of life come together to learn and share. They don’t all have to be your friends, but they can all be your teachers.

Jackie Woodside CPC, LICSW

Speaker. Trainer. Coach.
508.333.5520

Jackie@JackieWoodside.com
www.JackieWoodside.com

