

Preparing for a coaching chemistry meeting



It is worth spending some time considering what you would like to find out at this exploratory discussion to decide if they are the 'best fit' for you.

Some areas to consider

- What attributes of a coach are important to you?
- What are your preferred ways of learning and working?
- What would you like to have achieved at the end of your coaching programme?
- What are the challenges, concerns, achievements, or areas of learning that need to be addressed?
- What ideas and initial thoughts have you had about what you would like to include in the coaching?

Tips

- Be prepared to design the partnership with the coach. Think of a strong partnership which you currently have. How did you build that relationship and what is important to you about it?
- Look for stylistic similarities and differences between you and the coach. Consider how these might support your growth as an individual.
- Share your vision for the coaching. What would you like to have accomplished by the end of your programme?
- Ask if they have worked with individuals who have similar objectives to your own.

- What is their style and approach?
- Talk to the coach about what the best method of approach would be should you ever feel things are not going well.

Contact

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Research indicates that as with leadership, trust and rapport are essential components of a successful coaching relationship. Chemistry meetings are designed to determine how you and the coach would relate to each other as individuals and thinking partners, working together to succeed in achieving your business and personal development objectives.