

## DESIGNING THE CLIENT/COACH RELATIONSHIP

The main purposes of the Client/Coach relationship are to:

- ▶ reinforce the connection between you, the client, and the power of your own resourcefulness,
- ▶ facilitate identification and clarification of your values and purpose,
- ▶ identify your professional and personal goals and ways to achieve them, and
- ▶ help you become more aware of how and when your beliefs, commitments, and actions align with your values, purposes, and goals.

Coaching is a shared commitment. That is, you and I share a responsibility to make the coaching experience work for you. I request that you ask for what you want and let me know what is working and not working in our coaching relationship. I promise to do the same! You will initiate the topics we discuss and I will support you in addressing them. To help me be of service to you, I ask that you provide relevant workplace information, a resume or vita, any results from recent performance evaluations, 360 degree feedback reviews, Myers-Briggs Type Indicator (MBTI), or other feedback, as appropriate. If you do not have 360 degree feedback or access to assessment information, or if it is no longer current, we can discuss the value of obtaining that and consider its usefulness for our coaching work together. Your answers to the following questions will enable me to address issues relevant to our work together.

I have chosen to work with a coach now because:

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My goals for coaching are:

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The most effective ways my coach can support me are:

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Here are some things you should know about my work, home, or personal life:

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