

Coaches

Do

Don't



Help you understand what your Vision for the future is

Tell you what you should be doing in the future

Provide you with tools to help you understand where you are, where you want to go and work on them with you

Give you homework and focus on things that are not urgent or important. They help you accomplish!

Help you set realistic short and long term goals by asking questions based on your Vision and help you reach them by exploring multiple options

Focus on what you didn't do that you said you would. They help you focus and motivate you to get things done that you identified you want to do

Give you resources that help your company and work with you to complete small projects so you can make progress

Do major consulting projects but help you with planning, and give their know-how to get them done inexpensively

Act as your cheerleader and always focus on you and your needs. They want to help you and are always your advocate!

Judge you or act as your psychologist but do help you identify behaviors you have that might be limiting your success

Uses Active Listening Skills to take half-formed ideas and poorly communicated concepts and sum them up clearly and insightfully

Diagnose and treat dysfunction but will act as a sounding board and when needed highlight your business and personal blind spots