

Micro Coaching Lab Key Learning





Don't try to solve the problem or look for the solution



Check it out - don't assume – what does the client really mean?



Don't invite the story – and don't get into the story



Leave lots of space for the client to respond – don't be afraid of silence



Coach the whole person

For more coaching resources visit www.coachesplus.com



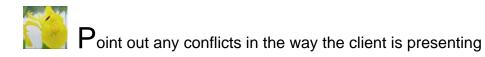


Listen for the energy as well as the detail of what the client is saying



 ${igsir S}$ Share what you are thinking - not as a judgment but as an observation or

question





 $\mathbf{E}_{\mathrm{xploring}}$ what is not working can be more juicy than exploring what is working



Listen for the client's beliefs, attitudes and perspectives