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“Learn new ways to experience abundance”

Ways to Make the Coaching Experience More Meaningful and Effective

The relationship between the Coach and the Client is an active one requiring each partner to fulfill their roles and responsibilities to the best of their abilities. The relationship is dependent upon the effective communication between each partner and requires each to act with commitment, respect, and integrity. Together we create more power for you to effect meaningful change in your life and take positive steps towards your goals. I, the Coach, am not an expert to fix your problem, tell you what to do, or do the work for you.

Coaching works best when the client does work between sessions and is ready for each session with an agenda. During the session you should be prepared to discuss the items on your agenda and determine actions steps you want to take as a result of the coaching session.

The coaching process involves seeing blocks and challenges from a new perspective and brainstorming options to address the goals. The more willing you are to come open and receptive to this process, the more you will be able to make the changes you want to make. Be willing to change your beliefs and patterns if they no longer serve you.

Suggested Session Prep Questions

Take some time before each session to focus on what you want to accomplish at each session. Here are some questions to help you do that.

1. What is your agenda for the next session?

2. What would you like to take away from the next session?

3. What feelings, insights, breakthroughs, or shifts have you had since the last session?

4. What are the biggest personal or professional concerns you are focusing on now?

5. What have you accomplished since the last session?

6. What action are you ready to take now?

7. Do you have any feedback or suggestions that can make the next session better?