



## EXPECTATIONS

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### What You Can Expect of Me as Your Coach

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- I believe you have all your own answers; you may not always be able to access them. It is my job to have the questions, tools, structures, ideas, inquiries, requests and assignments that will assist you in finding your answers.
- I will always assume you are doing your best.
- I will make direct requests. You may accept a request, make a counter offer (say what you will do instead) or decline. If you choose to decline, together we will find a way that works for you.
- I will be your champion - always holding a vision of your best self for you.
- I will ask you to stretch.
- I will work with you to identify your many talents and find creative ways for you to use those talents.
- I will continue to learn and grow through self-study, seminars, and workshops.
- I will abide by our coaching agreement and maintain total confidentiality regarding our work together.

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### What I Ask From You

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- Do your best and don't worry about perfection.
- Do what you say you will do.
- Communicate with me fully, especially if it's about how I am coaching you
- Take responsibility for your own success (and failure)
- Have a positive mental attitude
- Be open.
- Enjoy our sessions together.
- Be willing to look at all areas of your life and how they impact what you are trying to accomplish and the bigger picture of your life.