

# Kick-Start Your Coaching Journey™

"This is the single most important investment we can ever make in life – investment in ourselves, in the only instrument we have with which to deal with life and to contribute".

– Stephen R. Covey

Thank you for downloading “Kick-Start Your Coaching Journey™”.

Before you start, remind yourself that you are a Leader.

Leaders are self-aware. They motivate, inspire and empower others. Learning continually, they co-lead by collaborating and influencing people and situations around them.

Strengths-based Leadership Coaching conversations revolve around many topics. It all starts with your own Leadership practice, your aspirations, your goals, and your projects to accelerate. I look forward to meeting you and exploring coaching with you.

## Let's start:

- Think about a challenge you are currently facing.
- Reflect on your challenge with the following questions in mind.
- Complete the self-assessment on the last page.

1. If the situation were the way you want it, what would it be? \_\_\_\_\_
2. If this situation were a book, what would be the title? \_\_\_\_\_
3. If I were to ask your clients or colleagues what you do well, what would they say? \_\_\_\_\_
4. In what area would you like to make more of an impact? \_\_\_\_\_
5. What would you really say if we were not so polite? \_\_\_\_\_
6. What would be the impact of doing nothing? \_\_\_\_\_
7. What resources can you use? Who can help you? \_\_\_\_\_
8. What other questions are you asking yourself now? \_\_\_\_\_
9. Have you ever found a new way home that you didn't know existed? What were the unexpected feelings of traveling different routes? \_\_\_\_\_

## To know yourself better, here a few more questions

Have you ever had an experience where you made an assumption, only to find that you jumped to a conclusion too quickly? Describe the experience below.

\_\_\_\_\_

What are the steps that you will take towards your goal?

\_\_\_\_\_

Complete the following three sentences:

- I am energized by \_\_\_\_\_
- I am great at \_\_\_\_\_
- I love to \_\_\_\_\_

## Your Impact on Others

During discussions, I have a tendency to...	Yes	No	Sometimes
Interrupt or cut people off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something else while the person is talking with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare my answer while the other person is talking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give advice easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk instead of listen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neglect to ask questions in order to better understand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change subjects before the other person has finished their idea.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Judge. Criticize. Attribute blame.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Speak only of content or facts and neglect the relationship and emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Focus the attention on myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make jokes or diminish topics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give orders. Control the situation. Be threatening or intimidating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give mixed messages.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack empathy for the other person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Let's start your coaching journey

Learn more about my coaching approach and book a session with me  
[roncheshire.com](http://roncheshire.com)

