

JUNE 2019

COACHING SKILLS DIPLOMA

SWITCH COACHING
SYSTEM



COACH SCHOOL

S - Suspend Judgement

Am I fully present? What possible judgements am I holding? Is MY agenda at play here? Am I second guessing how this session will go?

W - What?

What is the overall goal? What is most important for the client to discuss today? What else? What else? And of those topics, which is MOST important for us to begin with?

- 1.
- 2.
- 3.

I - Investigate

What obstacles am I hearing? What opportunities am I hearing? Where is the client getting in their own way?

T - Tasks

What actions will the client take to make progress towards their goal?

C - Clarity

Which of these tasks is most important to do first? Are there any other dependencies that need to be explored? What has to happen in what order?

H - Hold Accountable

Does the client buy into the tasks? Does the client understand what they need to do? What type of follow up is appropriate?