

Coaching Practice Assignments

Principles

- Implementation, transformation, and growth happen between the coaching sessions
- Coaching Practice Assignments are co-created by the coach and the client
- The assignments create strategies out of the learnings
- The assignments relate to the issue/challenge presented in the session or the goal of the process.

The Coach's Job Is To:

- Challenge the client
- Make sure the assignments serve the clients' agenda, goals, and growth
- Create accountability
- The coach can offer perspectives and ideas

Creating Practice Assignments:

1. What are you going to do?
2. How are you going to do it?
3. When/how often are you going to do it?
4. How are you going to get the learnings from it?
5. How can I hold you accountable?