

Worksheet for Coaching Practice Sessions

QuickStep Professional Coaching Program and DBU (MAPD 5310 and 5315)

To support everyone in getting the maximum value from our classes together, please be prepared **EVERY WEEK** with personal topics that you can be coached about. Also be prepared to coach a classmate after the class session using **The Coaching BRIDGE model**. Our experience has shown that neither case studies, nor sample scenarios really support the kind of learning that you want to take away from the course. What works during the coaching sessions are **real situations for which you need to “talk things through”** in any area of your life: goals, accomplishments, experiences, wants, needs, dreams, problems, future, kids, relationships, money, travel, jobs, personal growth, social standing, self esteem ... and the list goes on. These can be personal, church, community or business related, which may or may not be life-changing decisions.

You will have several opportunities to coach and allow others to coach you throughout the semester. You will learn much more about coaching when the client really wants to move forward with their personal goals. **“Making something up” is not acceptable anytime in coaching.**

Here are some typical topics of personal goals to be coached about:

- Dealing with changes in your life
- Coping with demands in the job
- Wanting a raise
- Getting better organized
- Take a needed vacation
- Dealing with difficult people
- Handling the volume of email
- Trying to keep an exercise program going (or started)
- Getting better at doing things (computer, spreadsheets, thinking strategically, conducting meetings, motivating the team, dealing with conflict)
- Being a better spouse
- Eating more nutritiously at meal times
- Starting a new hobby
- Establishing a regular exercise program

We hope these examples will inspire you to identify some challenges or personal goals to bring to class.

Confidentiality will be requested of all participants, so you can freely choose any topic to be coached about, as long as it is appropriate in a mixed gender group.

Please list 8 realistic personal goals or desires that you can be coached about in the class:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____