

The Super Seven Coaching Principles

Chapter 4: Coaching

Coaching is a two-way relationship. If clients are resisting something, that something is probably you. However, with a new kind of commitment, your coaching life will change.

That commitment: Take 100 percent responsibility for your advice and your client's ability to follow it. Lead the horse to water and make it very thirsty. You can do that with these seven principles.

1. Become more client-centered, less coach-centered.
2. Ask good questions to practice active, compassionate listening.
3. Focus on what's awesome, not what's awful.
4. Set the right kinds of goals.
5. Establish the right practices to reach those goals.
6. Always confidence test.
7. Speak in a way that makes people more likely to change.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book