

What you should expect from your coach

- A high degree of commitment Experience, knowledge and training in communication skills
- The ability to listen - on all levels
- Superior training & qualification in the process of Life coaching
- Possess values of integrity, honesty and a genuine desire to help the client
- A fully outlined contract to be issued to client, prior to the coaching sessions
- A commitment to good time keeping for the duration of each session
- A pledge to ensure client confidentiality at all times
- Sense of humour!
- The ability to remain detached during emotional outbursts
- Demonstrate empathy not sympathy
- Ability to understand what the client is **NOT** saying
- Be able to sense smokescreen objections
- The ability to 'get tough' if client is stuck in comfort zone
- The ability to listen
- An intuitive nature
- Recognise when the client needs referral to other expert i.e. counselor or debt advisor
- Be able to converse on a variety of topics on a professional level
- The ability and courage to know when it is time for client and coach to let go



A coach should stay awake during coaching sessions!