

b r e a k t h r u



## COACHING STYLE

*Ride the Horse in the Direction Its Going*

We each find that certain people inspire us to move forward, while others' approaches cause us to dig in our heels and resist. Rather than "fix" the resistance, I coach in way that works best for your needs. This is not about "feel good" coaching, but rather working with you in a way that produces the results you want, in the easiest way possible.

Look over your life experiences and define the "style" of support that's worked well for you. Consider that the mind, coming from our old childhood defenses and fears, will resist and try to stop us from taking any "scary" new steps into unknown territory. This is to be expected. We want to breakthrough this resistance.

On a scale of **One** to **Five**, rate the type of coaching that you will work well under, that will keep you in action and that will best support your efforts:

- At the **One** end is, "firm, gentle, compassionate, steady support," "I-can-get-more-with-honey" coaching
- And at the opposite **Five** end is, "slam-dunk, we're-going-to-the-Olympics-OR-ELSE," "in-your-face, no excuses" coaching

Number: \_\_\_\_\_

**(Note: If your preference is a #5, "in-your-face" coach, I strongly suggest you look further afield for a personal coach. Our styles will not be a good fit.)**

Add anything that will be helpful for me to know as to why you picked this number:

What absolutely does NOT work for you?