How I Want to Be Coached

This tool will help you clarify and share your needs and expectations while in a coaching relationship with your manager, direct reports, or peers. Trust and communication are the keys to successful coaching relationships. The more your needs and expectations are communicated, the greater the chance for a productive, enjoyable and developmental experience. Be sure to review this periodically with your coach as your needs, expectations and priorities are likely to change.

In a word, the one thing I need most from a coach is:

________

Explain:

I am motivated by many things but the three things which are most important to me are:

Example 1: Relationship with my manager and co-workers
Example 2: Recognition for accomplishments

1.
2.
3.

The top three things which frustrate me are:

1.
2.
3.

And if these happen, I may:

As a coachee you can realistically expect me to:

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My coach can help me reach my full potential by (i.e., my expectations of a coach are):

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