

Top 10 Attributes of a Great Client

1. Courage to embrace new experiences
2. Open to new points of view
3. Trust for their coach
4. Respect for the coaching process
5. Willingness to let go of obstacles that hold them back
6. Passion to reach their goal
7. Willingness to discover hidden underlying beliefs
8. Ability to be honest with themselves
9. Ability to be honest with their coach
10. The need to bring out their inner strengths

What I Learned from my Experience as a Client

As a client, I learned to trust my coach to support me in finding my strengths as well as my barriers and how to navigate both sides to reach my goals. I learned how visualization, breathing and role-playing exercises can be keys to success as a client. My sessions as a client taught me to let go of pre-conceived notions and realize I can change. I found strengths I had not cultivated in my entire life and how each of us should utilize the proper support system to bring out our “best self”.

Personally, I found I am responsible for my own life and control the path to my goals. As a result of being coached, I am now moving forward on multiple aspects of my coaching practice with the confidence of someone who KNOWS they can do anything they put their mind to.