

*Business Purpose: To have support mechanisms in place ahead of when they are needed.*

## Support



It's important to offer support at all levels of coaching, from people who are just learning to coach through to experienced people who have been coaching for many years. It can make a huge difference to how you feel about your coaching session, if there's someone you know you can call on when doubt or uncertainty kicks in.

Coaching sessions are unpredictable, as is self development and personal growth. While it's usually uplifting for the coach to see the coachee's development and growth, it can be hard at times when coachees experience the discomfort of change, realising things anew, facing up to action, challenges and dilemmas. Usually, having another coach to talk to, for their objectivity, support and information, helps a lot.

Where to go for support?

- People involved in training and developing you as a coach
- People who have been part of your coaching practice triad
- Your 'buddy' through the Peer Assist Peer Challenge process
- Practising coaches in your organisation
- In-house specialist coaches, counsellors, professional advisors
- The person taking on a coaching supervisor role with you
- An external coach

It's good to go prepared, so ponder on the following:

- What's the main area I want to focus on?
- What do I think about this?
- What do I feel about this?
- How is my behaviour reflecting this?
- What are my needs and wants?
- Reflections

Coaching can challenge any of your facets of emotional intelligence particularly resilience, bouncing back and self-esteem related issues. You can watch the Desktop Coach series ~ 6 video shorts on self-esteem to help you through here.

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*Just the way you are ~ Some steps towards liking yourself*

*Tailwagging ~ Feel good Perform well*

*No need to take things so personally ~ Do your own reality check*

*Be your own best friend ~ Improving your relationship with yourself*

*Bouncing back ~ Increasing your personal resilience*

*No need to be so defensive ~ Revealing the blind spot*

