

*Business Purpose: To illustrate the right attitude for coaching.*

## Adult Adult Attitude

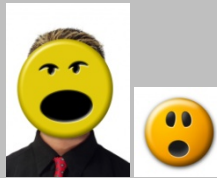
Coaching works because coaches assume an “I’m OK. You’re OK.” approach:



We are equal human beings  
We both count. We both care.  
Let’s see what we can work out.

As equals, irrespective of difference, hierarchy or gender,  
With respect, with acceptance and without judgment or hidden agenda.

Not like this:



I’m OK. You’re not OK.  
*I’m right. You’re wrong. Do it my way.  
I count a bit more than you.  
Best take my advice.*

Or like this:



I’m not OK. You’re OK.  
*I’ll do what you tell me.  
I’m not as important as you.*

Or like this:



I’m not OK. You’re not OK.  
*I’m stuck. I don’t care.  
You won’t be able to fix me.*