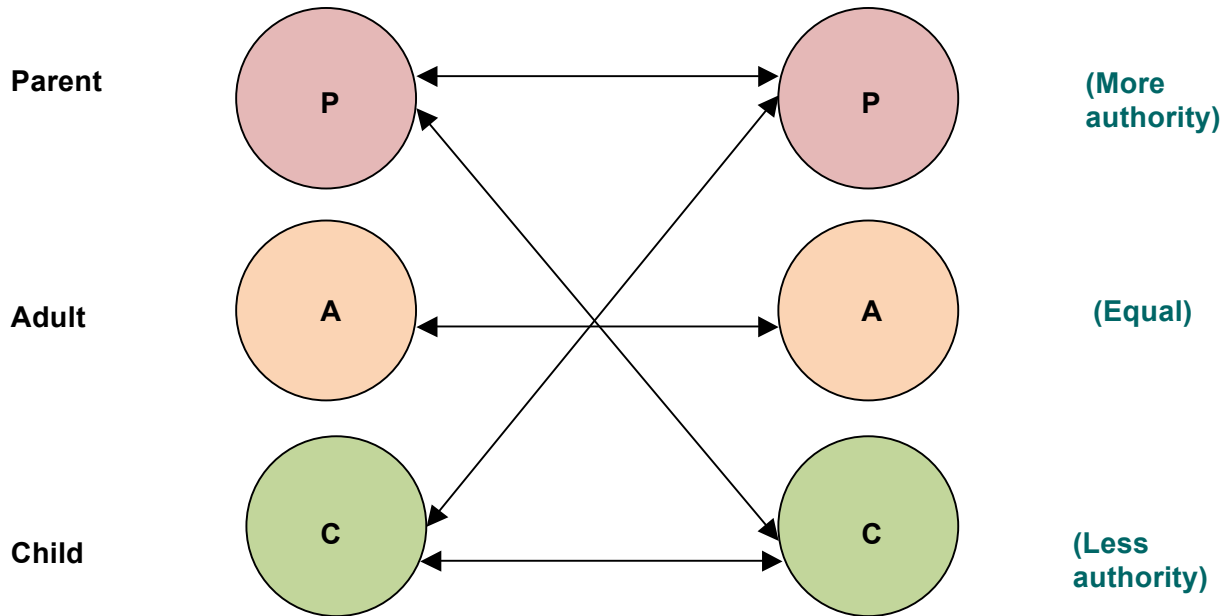


Adult Adult Interactions

The coaching relationship is successful because the coach and coachee can relate together as equals. In a 'helping' type relationship like coaching, it's important that the coach revisits often her/his attitude towards the coachee and how this translates in to behaviour so that they continue to relate in an Adult Adult way. (Not Parent to Child or Child to Parent)



Behaviours to be attentive to

Aspects of behaviour in 'Parent' or with 'More Authority':

Encouraging ~ supports, cares, nurtures

Over-Protective ~ rescues, prevents learning through difficulty, risk averse, keeps person in **Child**

Criticising ~ tells, uses 'should, must, ought', keeps person in **Child**

Aspects of behaviour in 'Adult'

Facilitating ~ questions as a friend / equal, moves person to Adult. Objective, non-judgemental

Interdependent ~ collaborative, co-operative mindset

Aspects of behaviour in 'Child' or with 'Less Authority':

Free ~ curious, open to possibilities, in the moment, creative

Rebellious ~ to those in authority, doesn't move to objectivity in **Adult**

Complying ~ toes the party line to please others, less able to please yourself, passive

NB. The real skill here is in responding to "child" as "adult" not "parent" and in responding to "parent" as "adult" not "child".