



February, 2008

Accelerate Your Coaching Skills

(Part 2 of 2)

Getting “fit” takes discipline! Last month, we gave tips to get you started. Getting started was easy, now it's time to reflect on your commitment to yourself. As the coach, you know how challenging it is to focus your attention to the multiple demands of the day. So if you missed an opportunity, it's okay to start over!

With this in mind and your desire to grow, grow, grow let's continue from last month.

4. Goals are good; a stretch goal is better! Stretch goals will help you sharpen and focus your strengths. What areas do you excel in? What would it take to be even better? Balance your need to improve a weak coaching area with improving skills and abilities that have helped you in the past. You will consistently improve in all areas and have more to offer to others.

5. Commit to improvement. It may take some time before you see the improvement you want. The key is to focus on steady improvement over time. Take it one day at a time. A simple five minutes a day equals over a half hour a week, over two hours a month. It adds up! Focus on one step at a time and you will be amazed at your new level of success.

6. Seek out a coach. People come to you because you are a proven resource. You know how to help them. In turn, seek out a coach to help you accelerate your progress. Working with a coach will give you support, additional resources and ideas, and provide objective feedback when you need it. Having a coach will encourage you to be your best!

7. Diligence and commitment. Slow but sure. Learn new skills, then practice them! You are moving in the right direction. Mistakes are learning opportunities. As you grow and develop your coaching skills, enjoy the accomplishment of using new skills and recognition that comes from for your team's increased performance. You will achieve the success you desire and in the process have learned more about yourself!

This newsletter has 461 words and should take about 3 minutes to read. A small price for knowledge!

Seeds of change:

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do.

Excellence, then, is not an act but a habit.

~~ Aristotle

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"mighty oaks from tiny acorns grow"

