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The Coach EQUation

Solutions for the performance puzzle

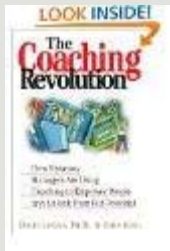
June 2010

Volume 4 Issue 6

This article has 932 words and should take 5.0 minutes or less to read.

A small price for knowledge!

Featured Book:



The Coaching Revolution: How Visionary Managers Are Using Coaching to Empower People and Unlock Their Full Potential
by David, Ph.D. Logan and John King

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July 8-9
Columbus, OH

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So Who's Your Buddy?

Say the word "buddy" out loud several times. Say it again rapidly. When I did that, I thought of a bird sitting on a tree branch calling out to members of its flock. When I see the word printed, I think of the word friend or pal. When I checked synonyms for the word buddy, I came up with: friend, pal (yep, got both of those) as well as playmate, companion, partner, chum, comrade, and ally. Words that describe how a buddy might be perceived.

Now try saying this, "I have a buddy coach." A what? A buddy coach. What is a buddy coach? A friend? Could be. A playmate? No, not a bunny - someone that is a friend or colleague who will support you when you need to play. Try some of the other synonyms. I finally landed on partner and ally. Those two work best for me.

I have several buddy coaches. Having a buddy coach means that I can ask one or the other to coach me when I get stuck or stressed. It happens to all of us. Having someone who is willing to listen emphatically, hear the issues, and ask how they can help. Sometimes, it is something as simple as having someone I trust to share my concerns with and who understands the context of the issue. That's my buddy coach! My buddy coach is my friend and ally, my comrade in arms so to speak. We have established a mutual support system when either of us needs help or support.

How about you? Do you have a buddy coach? You may have friend or a colleague at work who acts as a buddy coach. You may already have a formal buddy coach or after reading this, decide to partner with another coach and create a system for mutual support. Here are a few kinds of buddy coaches that seem to work well. Your buddy may be all of these people in one, or you may have several relationships that support you in different ways.

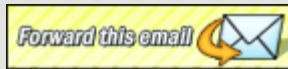
Accountability Buddy

You need someone to hold you to what you say you will do. Ask a fellow coach to create a partnership that allows you to help each other hold the vision. Design how you want to hold each other accountable. Ask yourself what kind of coach buddy you want to be, and what kind of buddy coach you want to have. Then brainstorm ways that you can participate in each other's goals.

Resource Buddy

You don't live in a vacuum, and as they say, two heads are better than one. Your Resource buddy shares resources with you and vice versa. Your conversations could revolve around what you are doing in your writing and what you need to continue, whether it is feedback, ideas, or resources for marketing. Conferences, seminars, workshops or webinars are opportunities to hone your skills. With a

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to colleagues you know who'd benefit from either or both of these programs.

resources for quick reference and share when you update.

Lifestyle Buddy

Stress takes a toll on our bodies and drains energy that we need for our families and friends. Having a Lifestyle buddy may be the impetus to refresh and reward yourself for giving so much at work. Eating healthy, working out, or engaging in some of your favorite interests: concerts, theatre tickets, watching a ballgame, or hiking in a local park. You could ask your lifestyle buddy to attend an event or help you plan one. One of my favorite buddies plans wonderful "girly-girl" events that remind me to pamper myself - and often! This kind of buddy is helpful when you want to go out but face inertia. When you make a lifestyle buddy, you will be more likely to keep your commitment.

Creativity Buddy

Remember when you wrote stories, played music, or spent the day riding bikes with your friends. That was optimum creative time. And you can have it again with a Creativity buddy. This could be someone who encourages you to regain your creative momentum or someone to get together with to create - writing, scrapbooking, composing music, singing in a choir, making a video for YouTube, you name it! I enjoy sketching and for years, kept a sketch book in the car so that I could improve my skills.

It can be fun to have a notebook so that at the end of the notebook or the year, you can look back and see how much support you have gotten.

Support Buddy

You may have a friend who is not a coach but who is able to encourage your dreams. It's important to have someone to be there for you when you need to talk about your dreams and goals: the fears, the challenges, the triumphs. In turn, ask how you can be supportive as he or she moves toward their dreams.

Having a buddy coach can mean different things. You can have one person who serves all the above roles or colleagues and friends who in their own way have been buddy coaches and continue to support you. Don't underestimate the power and value of sharing the ride.

So, who's your buddy? What will you do this week to create or enhance your buddy coach relationships?

Sherry Greenleaf

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Seeds for Change:

"You were born with potential, You were born with goodness and trust, You were born with ideals and dreams, You were born with greatness, You were born with wings, You are not meant for crawling, so don't. You have wings; Learn to use them and fly." -- Rumi

*"Even if you're on the right track, you'll get run over if you just sit there."
--Will Rogers*

