

How To Get More Out Of Each Coaching Call: A Guide For Clients

Coaching is a big investment of time and energy. As a client, it's normal to feel some pressure to maximize each call. I recommend taking this pressure and using it as motivation to prepare for your sessions. Here's how...

Step 1: Keep a running list of potential coaching topics

I recommend keeping a notes file or journal of things you might want to bring to the coaching. That way, when you're preparing for a session, you'll be able to refer to that list.

If you're having trouble generating potential topics, here are some prompts:

1. What is the one problem that, if we were to solve it, would make all other problems easier or unnecessary to solve?
2. What's been on your mind?
3. What would make this a life-changing conversation for you?

Step 2: Sort for the highest impact topics

Here are some helpful distinctions:

Is this more tactical or strategic? Tactics are easy to research. Strategy is specific to you. Tactical questions are easier to ask between calls. Strategic questions benefit from live coaching. For example, it's better to have a convo about whether to double down on podcasting than it is to talk through which hosting service to use.

Is it more internal or external? One internal challenge can cause several external ones. So if there's a belief that's blocking you, make sure

to discuss that first. Your internal story can't help but influence your external strategy.

Is this a want or a should? Bring whatever is on your mind, rather than something you think you *should* talk about. Open thought loops drain a lot of energy and are often where the breakthroughs come from.

So, when we combine all three of these, the highest leverage things to discuss are often:

Strategic challenges, with a strong internal component, that you actually want to talk about.

#3: Be open to serendipity

It helps to ground yourself right before a coaching session. Sometimes you don't know what will be most helpful until you actually get started. Trust your gut and be open to throwing out your agenda to focus on something new.

How you show up to each call is so important. The more relaxed you are, the more insights you'll have. If you feel frazzled at the start of your session, ask your coach for a few moments of silence to get present.

If you still have no idea what to talk about, it's okay to share that with your coach and they'll help out. Just don't let this be a habit that happens week after week. The more intention you bring into each session, the better.

Finally, trust that every conversation you have is the one you were meant to have.

From: Greg Faxon

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