

Define a coaching goal

Coaching requires a clear goal and commitment.

A strong coaching goal should be:

- Specific
- Relevant
- Desirable
- Formulated in positive terms
- Committed

Questions to define the coaching goal:

- What is your goal?
- What do you want to achieve?
- What will others notice that's different about you?
- What would you like to change in order to be happier with the situation?
- Why is this important to you? (value)

Decide: Continue coaching now or later?

The difference between values, goals, and actions

Value: Healthy lifestyle → **Goal:** Run a marathon → **Action:** Go running twice a week

Value: Quality time with family → **Goal:** Cook for your children regularly → **Action:** Leave the office by 5 PM twice a week