

Setting goals

There is no coaching without a coaching goal or need → commitment

The coaching goal must be:

- Clear (specific)
- Urgent
- Desirable
- Formulated in positive terms
- Yours

Needs for help that define the coaching goal:

- What is your goal?
- What do you want to achieve?
- What is that like?
- What will I notice different about you then?
- What will others notice different about you then?
- What would the situation have to be like for you to be happy with it?
- Why is this important to you? (value)
- How would you personally formulate your goal?

Choice → continue coaching now or later

There is a difference between value, goal, and action

Value: healthy lifestyle → **Goal:** to run a marathon → **Action:** go running twice a week

Value: spending quality time with the family → **Goal:** to cook for your children on a regular basis → **Action:** leave the office at 5pm twice a week