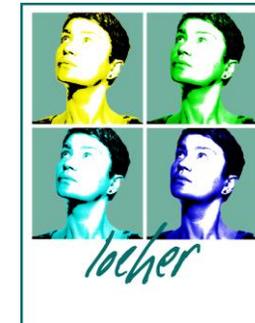


# “CHEMISTRY” MEETING BETWEEN COACH/COACHEE — ART AND SCIENCE



You have probably clarified the “what” of the process (# of sessions, etc). Don’t forget the “how”. There are a myriad of styles how people coach. You might have a preference. Note: Coaching style wanted and coaching style needed might not be the same thing...

No two people are the same, and the same is true for coaching processes. Your coach won’t be able to give you a play-by-play roadmap, particularly during the implementation phase. To an extent, this will mean “trusting the process” (a slightly overused phrase, still true though). Do ask for examples though how similar processes have played out to get a sense.

Get a sense of what you are committing to, and how you want to keep checking in with each other on this.

Often, when working with a coach as an individual, the briefing and first conversation is also the “chemistry meeting” (this might play out differently in an organizational setting where the organization does the contracting). Chemistry meetings/calls typically don’t get paid.

Coaching is not therapy (although some of the methods can be used in both fields). If you are looking to address mental health issues, seek appropriate support.

Coaching is not meant to be an all-affirmative love fest. Sometimes you will be pushed out of your comfort zone and that will feel, well, uncomfortable as things might come up that need addressing, or as unhelpful patterns emerge. This means it is working.

On the other hand, you will be sharing personal things so you need some sense of trust and being expertly stewarded through the process, so make sure you have a good baseline.

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