

PERFORMANCE COACHING

HELPING ACHIEVE GOALS

Guide to clarity:

- What exactly do you want to achieve?
- What will it look like when you're done?
- What time frame makes sense for you to complete this?

Measure:

- How can you quantify your success?
- Define what you mean.....?
- What progress will you make at each point?

Reality Check:

- What parts of this goal are within your scope of control?
- What barriers might you encounter?
- Who else might need to be involved?

Relevance:

- Why is this important to you?
- How will this impact you or your organization?
- On a scale of 1 to 10 how important is this goal?

Timing:

- When will this goal be completed?
- Are there any dependencies on the time line?

Achieving Goals

Coaching around a goal can help an individual stay on track towards achieving the goal.