



A YEAR OF COACHING

Jackee Holder



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Introduction

Welcome to A Year Of Coaching. The following pages will guide you through a series of questions to help you review your coaching experience and practice over the last 12 months.

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Reflection is an essential quality and skill for the evolving coach and as a practice, it is integral to how great coaches work. These series of dynamic questions will help you unravel your year and put in place your coaching goals and intentions for 2013. It also provides an organic and creative guide to marketing your services as a coach or professional.

Feel free to print off the workbook or record your answers in a notebook.

A Year Of Coaching



The start of the year is the ideal time of the year to review your practice as a coach and there are many ways to do this. I suggest setting aside an hour before the end of January, or whenever you wish, to start to write or think through your responses to the following questions. You'll need a notebook to write in or alternatively print out a copy of this e-book.

On the following pages you'll find a series of questions to work through, which will support you in your to review of your year of coaching.

If you're new to coaching, take note of the length of time you've been in business, whether your coaching has been paid or unpaid.

Please note: these questions can be applied to just about any profession. Simply replace the word 'coaching' with your chosen profession and work through the questions to specifically address your area of work.

Enjoy. Warm wishes.

Jackee



Coaching Clients

1. What have been the main themes and topics I've helped coaching clients with over the last 12 months
2. Who has been my most challenging coaching client and what have I learnt from this experience?
3. Who have I most enjoyed working with this year and what was it about working with this client or clients that has stood out?
4. What has been the most significant breakthrough moment in my coaching this year? What happened? How did I feel? What was the turning point?
5. What three issues can I continue to support coaching clients with in 2013 and what new issues or themes can I add to my list based on my client's successes?

My Coaching



1. List five things that went well in my coaching in 2012?
2. List five things that didn't go so well in my coaching in 2012?
3. How did I bring creativity, originality and intuition to my coaching in 2012?
4. What do I want to express more of in my coaching?
5. What do I want to express less of in my coaching?



Continuing Professional Development (CPD)

CPD is more than attending a training course.

1. What courses and training have I invested in this year? CPD goes much wider than attendance on a training course. What books have I read? What podcasts have I listened to? What online classes have I taken? Did I update my CV on LinkedIn?
2. What have I really learnt and applied as a result?
3. What would I like to go back to and review and perhaps do more work on?
4. Which learning opportunities had the greatest impact? What am I learning about how I like to learn? How will I ensure I create more of these opportunities in 2013?
5. What coaching book, course or online course would I recommend to a coach whose just starting out?
6. What CPD would I like to invest in during 2013?
7. What will my first three actions be to get started?
8. What are the three main reasons why supervision should be at the top of my agenda for 2013?



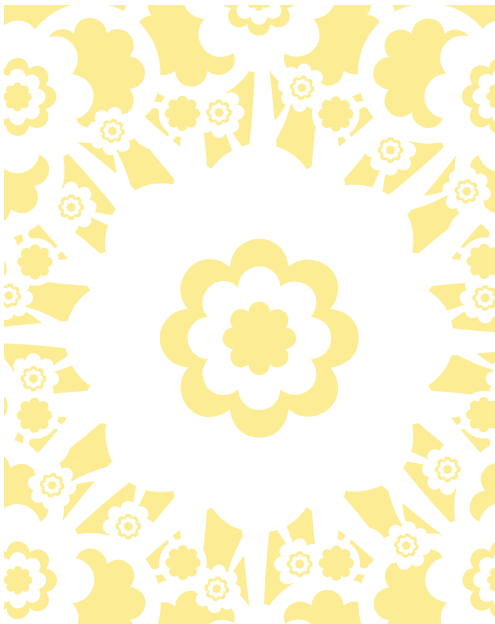
Supervision

1. What was been my experience of supervision in 2012?
2. How would I like to build or improve on this in 2013?
3. How has supervision impacted on the quality or content of my coaching?
4. If I were to write a thank you note to my supervisor, what specifically would I appreciate and acknowledge them for?
5. What would I like more of from my supervision in 2013?
6. What would I like less of in my supervision in 2013?
7. I'm not receiving coaching supervision at the moment, so what are three possible ways I ensure that I engage in coaching supervision this year?





Self-Care



1. What kind of self-care did I give myself in 2012?
2. What are the top three self care practices that I enjoy and which leave me feeling really great and energised?
3. How can I ensure more of these self-care practices are integrated into my regular schedule?
4. What self-care practices would I like to add to my schedule that can guarantee improving my health and well being in 2013?
5. How much play and relaxation time did I get in 2012? What percentage of my time did it take up?
6. How could I create more play and fun in 2013? Make a list of the kinds of things you'd like to do more of.
7. How would I rate my level of creativity in 2012? How could I make more time and space to be creative in 2013?

Your Coaching Motto



1. Choose three words that describe the work you do as a coach. You can incorporate them into your motto, slogan or catchphrase.
2. If you had a motto, slogan or catchphrase that captured the essential elements of your work as a coach in 2012 what did it say? Use the space below to record your sentence.

Use the space below to draft your 2013 coaching motto, slogan or catchphrase for 2013. Use this sentence to publicise your work and open up conversations about your work as a coach.





Write Your Inner Coach A Letter



1. Imagine you're one of your best clients and you've decided to write a letter to your inner coach thanking him/her for all of your services, hard work, strengths and talents.
2. Write your letter and post it back to yourself. What a great letter to receive and read to kickstart your new year of coaching.
3. What advice or wisdom would your inner coach share with you regarding your letter that would progress, deepen and transform your work as a coach in 2013?



Closing Thoughts



Taking the time to invest in your personal review is time well spent. You will have at your disposal a wealth of useful data that will support you in marketing and selling yourself confidently both in person, on paper and online.

The information you gather from this review can be channelled into creating a marketing or business plan and used as inspiration for the coaching services and products you will generate in 2013.

Give yourself a treat or take whatever action feels affirming to consciously acknowledge that you've made the time to wholeheartedly acknowledge and reflect on your coaching contribution and experience in 2012. Completing your review is a guaranteed way of creatively enhancing your credibility and impact as a coach.

You owe this to yourself and all the fantastic people you'll be fortunate to work and collaborate with over the next 12 months. Enjoy the coaching year ahead and all that it brings.

Warm wishes,

Jackee Holder



About Jackee



Jackee Holder is a transformational coach, coach trainer and coach supervisor. She is the author of three books, *49 Ways To Write Yourself Well* (Step Beach Press, 2013), *Be Your Own Best Life Coach* (Infinite Ideas, 2009) and *Soul Purpose* (Piatkus Books, 1999). Jackee helps and inspires others to connect to their creativity and authenticity through coaching, writing, training and her love of trees and nature. As a passionate lover of books you can read more about her loves and likes and what she gets up to on her blogs at:

www.jackeeholder.com Twitter: @jackeeholder or LinkedIn: JackeeHolder

Other products available from www.jackeeholder.com

Wheel of Life Tree Audit click here or paste this link into your browser <http://ow.ly/grEFY>

Wheel Of Life Tree downloadable e-book guide (2013)

Creativity Manifesto click here or paste this link into your browser <http://ow.ly/grCKJ>

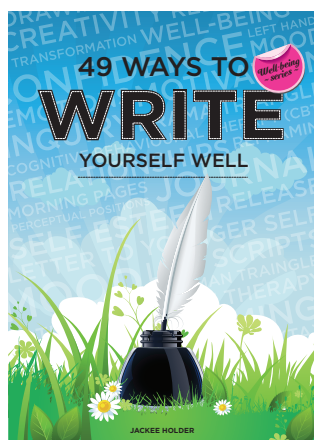
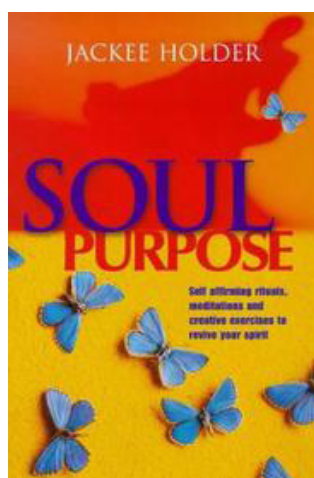
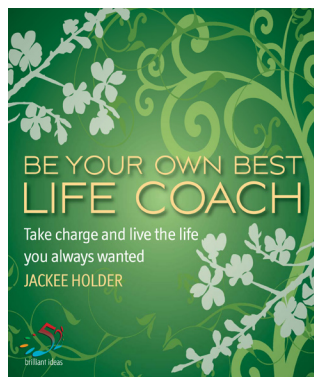
Writing Manifesto <http://ow.ly/h3PMJ>

Nature Manifesto <http://ow.ly/h3PoF>

You can find our free downloads at our website: www.jackeeholder.com

If you're interested in coaching or coaching supervision with Jackee she'd be delighted to hear from you @ info@jackeeholder.com

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