

## What is Coaching?

**"Coaching is unlocking a person's potential to maximize their growth."**

- Sir John Whitmore 1937-2017



Coaching, to put it simply is helping someone to learn, rather than giving them the answers.

This gives the person being coached (the client) more freedom with the path they choose to follow.

When coached, clients find their own solutions to problems, resulting in a developmental experience.

There is a drawback to coaching, that being subjects that need to be taught instead of coached.

For example: Quantum physics.

Okay, maybe that is extreme, but some topics require a foundation of teaching.

Once understood, coaching can take place using a clients existing knowledge, and their tools.

***"In most instances clients possess the knowledge needed - a coach simply helps unlock this"***

**A coach must have the ability to guide someone through their problems.**

**Possess the necessary knowledge to identify potential hazards.**

**Coaches need to be patient, not everyone works at the same pace.**

**Being a coach is a privilege of trust, having the ability to recognise the potential in a client, knowing when to challenge, and when to support.**

## What would you do?

Take a look at this hypothetical situation below



### **The Scenario**

You and your client are on a cliff side and have to cross a chasm.

**Note:** you have access to all the resources your require.

### **Task**

Overlooking the ladders, safety ropes etc, the client comes up with the idea of using a winged suit to travers the chasm.



As the coach you are now faced with your client dressing themselves in the winged suit, preparing to take a run and jump.

What 3 questions would you use to help your client traverse the chasm safely?

Use the space below to write your 3 questions

1.

2.

3.

### Reflection

As a coach you don't always have the luxury of a colleague to check your thinking.

It is essential that you can critically evaluate your own output to ensure your client is receiving the best possible support.

**Look back on your questions and see if a challenging or struggling client would arrive at the best outcome, following your coaching questions.**

**If you would like to check your questioning with our Coach, Adam, then send them across to [adam@thenewperspective.co.uk](mailto:adam@thenewperspective.co.uk) to receive free feedback on how you did.**

If you would like to learn more about coaching then reach us on email, LinkedIn or through our website - [thenewperspective.co.uk](http://thenewperspective.co.uk)



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