

# Your Responsibilities

To get the most out of each coaching session and to ensure maximum chance of success, you as my client also have a number of responsibilities. These include:

- Arranging a suitable time and place to meet, if required
- 'Staying' with the coaching session. Don't get distracted by phone calls etc.
- Being open and honest, and responsive to feedback
- Contributing as best you can with all the available information
- Being open to discovering more about yourself
- Indicating if the coaching process is not working and give reasons
- Looking to correct any misconception as soon as they arise
- Being forthcoming with feedback to me when requested and required
- Being generous in making time for yourself to complete actions and follow ups
- Letting me know of any change in circumstance that may affect the coaching relationship and outcomes

Barry Keohane

LEADER | FACILITATOR | COACH

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