

How I Want To Be Coached

This tool will help you clarify and share your needs and expectations while in a coaching relationship with your manager, direct reports, peers or anyone else. Trust and communication are the keys to successful coaching relationships. The more your needs and expectations are communicated the greater your chance for a productive, enjoyable and developmental experience. Be sure to review this periodically with your coach as your needs, expectations and priorities are likely to change.

In a word, the one thing I need most from a coach is:

Explain:

I am motivated by many things but three things which are most important to me are:

Example 1: Relationship with my manager and co-workers

1.

2.

3.

The top three things which frustrate me are:

1.

2.

3.

And if that happens I may:

As a coachee you can realistically expect me to:



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In turn, I expect my coach to:

The following professional goals are important to me:

The following personal goals are important to me:

I enjoy these parts of my job and do well:

Therefore my development opportunities are:

My coach can help me reach my full potential in the following ways:

Lastly, one thing I really want my coach to know about me is: