

Coaching Intake Process for Clients

Congrats! You have chosen a journey of growth with a coach. Before you get going, you want to be sure you have a match in personality with you, or if you are a group, your group as a whole.

A potential coach will reach out to you and offer you a free trial session for 30 minutes to an hour. In order to get the most out of this trial session, please take a few minutes to consider the questions below beforehand.

Southwestern MN Synod coaches want your coaching match to be a good fit for you. We understand that the best progress on your goals will be made when you can team up with your coach for the most productive work. We will not be offended if you think the match is not a good one, we will appreciate your honesty and want to match you with someone who is a better fit.

Topics to think about before your coaching trial:

1. What do I/we want to accomplish by getting a coach?
2. Where are our growing edges?
3. What might be possible for us with the help of a coaching relationship?

Questions for you to prayerfully consider after the trial:

1. How does the relational dynamic between you and the coach feel? Can you see yourself working in this energetic space with the coach over the period of months or a year?
2. Do you like this person enough to want to spend time with them?
3. Are there issues of physical and/or emotional attraction that may get in the way of the coaching relationship being effective?
4. Did you gain confidence that you could learn to trust this person and respect their role to challenge as well as encourage you (and your team)?
5. What did you learn about the realistic scope of your goals and how the coaching process will work?