

PREWORK

#7 THE COACHING PROCESS



To Prepare for Module 7:

1. Set your own SMART goal and action plan. Notice how it helps you take action

2. Review eModule 7

3. Practice coaching and using your OARS

Write out a script of how you would:

- Introduce yourself
- Explain the coaching approach
- Discuss the role of a coach and the role of the client
- Clarify expectations