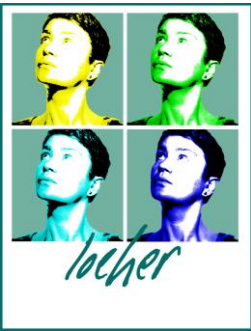


EXPLORE DIFFERENT COACHING STYLES



Your Mum/hairdresser: Nourishes fire, bandages burns

Unconditional love and support

Fully understanding (sometimes a bit too much...)

Coach: Helps (re)light the fire in your heart

Challenges AND supports, tailors to where you are and where you want to go next

Has your best longer-term interest and goals in mind

Helps you get out of your own way

Helps you reconnect to yourself

Boot camp instructor: Lights a fire under your <feet>

Pushes you relentlessly

Clear goals, zero excuses

Gets you to crush boundaries you didn't know you had (possibly a bit too much)

This is not clear-cut, there will always be a rather fluid mix

There is no perfect point as such (this will also depend on topic and circumstances)

Most coaches will have a gravitation point somewhere along this spectrum (and they should know whereabouts that is, and should be able to have a chat about that)

For most indications it is suggested to flex towards the right to stretch the comfort zone, push the envelope and help with accountability. (some exceptions when part of the brief, such as help with burnout recovery, "downward" realignment after life events, coaching topics about being too harsh with self/others → Have the conversation with your coach.

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