

WHY I COACH







How to use the cards

1 SORT

Think about what motivates you to coach and sort cards into high, medium and low.

2 TOP 3 REASONS

Select the high cards. From these cards narrow it down to the top 3 reasons that resonate with you the most.

3 DISCUSS

Use this process as the basis for a discussion with your mentor or coach educator.

The questions on the back of this card may also provide useful prompts for your discussion.

G Questions to Discuss

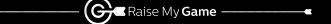
- · What values matter to you most?
- Are you getting fulfillment from your coaching at the moment?
- When have you enjoyed your coaching the most in the past?
- What is your super strength or x-factor as a coach?
- Do you have any blind spots or problematic weaknesses?
- Do you have a mentor with the right skill set?
- What is your ambition as a coach and have you mapped out the pathway towards that goal?

HIGH



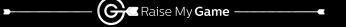
THESE ARE HIGH OR STRENGTHS COMPARED TO OTHERS

MIDDLE



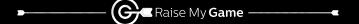
THESE ARE IN THE MIDDLE OR AVERAGE COMPARED TO OTHERS

LOW



THESE ARE LOWER OR WORK-ONS COMPARED TO OTHERS

NOT APPLICABLE



THESE ARE EITHER NOT APPLICABLE OR TO BE SORTED AT A LATER DATE

Ambitious to coach at the highest level

Sense of belonging ®

Personal learning and development