

SAMPLE

WHY I COACH

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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.



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



Raise My **Game**

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

