

Skills to Work on with a Coach

Please mark the goals you *most* want to work on during the first year of coaching. A list of popular skills to master, using the services of a coach.

Success Skills		
Build a team	Remove obstacles	Take bigger risks
Prioritize opportunities	Use leverage	Ask for what you need
Stay focused	Delegate	
Demonstrate leadership	Manage others	
Self-Management Skills		
Be on time	Keep one's word	Get needs met
Underpromise/overdeliver	Protect oneself	Develop routine
Ask for what you need	Stop tolerating	
Stop suffering	Love oneself	
Fulfillment Skills		
Integrate all of one's life	Discover purpose	Surround oneself with love
Build a reserve	Find spiritual path	Design personal mission
Discover source/higher power	Include, hold it all	
Know oneself	Create a legacy	
Listening Skills		
Listen, adding nothing	Hear behind the words	Care
Read body language	Discern who the person is	Discern what's true
Get the person	Empower silence	
Get to the source of the problem	Immediate sensing	

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Speaking Skills		
Discern what's happening	Hear versus talking	Dance in conversation
Language feelings	Speak straight	Use captivating voice
Fully communicate	Be fully constructive	Evoke others
Ask for all you want	Speak with the edge	Say what is so
Directly request	Acknowledge	
Say no, no, no	Educate environment	
Being Skills		
Sticking by requirements	Know what you want	Effortlessness
Gratitude	Grace	Surrender to self
Be with anyone	Feel self, others	
Ability to inquire	Courage	
Integrate	Include it all	
Contributing Skills		
Empathy	Compassion	
Give freely without guilt	Able to receive	
Invest in a person	Able to give love	

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