

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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