

September 2008**USEFUL!**

My best coach exercise

- How do you want me to coach you?
- What are you looking for in a coach?
- What else?
- If this coaching were to have a huge impact in your life what would it look like?
- What is the worst thing I could do as your coach?
- What is the best thing?
- When our coaching sessions end what are the three things you would love to be able to say about your coach?

Ways to use the My Best Coach exercise

This exercise helps the client to explore their expectations of coaching and of you as their coach.

If you give this out prior to the first session you can discuss some of the issues in more depth in you session.

It can be useful to combine this with a discussion of your approach to coaching, your style and your expectations of your client perhaps referring to your coaching agreement or ground rules for coaching.

You can also use this later as you check in and contract with your client in your coaching session particularly when you want to get an idea if the client's focus has changed or whether you are coaching to the "bigger picture".

Source: Coaching Packet January 08 © Sonia Thomas 2008

NEW COACHING SEMINARS AND SERVICES

PLANINCA, Ljubljana and Mobilis, Ltd Belgrade, offer seminars and coaching services for the Serbian market: Individual coaching, Team coaching, Group coaching, Coaching for managers, Communication with NLP.



Seminars lead by: Katja Žnidaršič, NLP coach certified by International Coach Federation ICF and NLP trainer (international licenses IANLP, DVNLP and International Association of NLP Institutes). Seminar program is available at: <http://www.mobilis.co.rs/>

NEWS WITH EMCC Serbia

August 17th 2008 we had „Coaching Techniques Demonstration Session“ in DR Gilbert Centre.

Idea and organization: Predrag Jovanović.

Pedja presented Wingwave coaching. Dr Zoran Ilić made an introduction to Pedja's session by telling as all about EMDR (Eye Movement Desensitization and Reprocessing).

Slađana Milošević presented iGROW model in the live session with a client.

If you want to find out more please visit www.emmcouncil.org.
For pages in Serbian chose Serbian flag in the top right corner.
If you want to become member of EMCC Serbia please contact:
RS.Presednica@emccouncil.org

EMCC ambassador Professor David Clutterbuck will deliver workshop (coaching techniques) in Belgrade, October 20 24th 2008. More info in future issues of newsletter.



Predrag Jovanović and Slađana Milošević demonstrating