## 

## Questions for coaches

What coaching skills and knowledge do I already have? Use these questions to consider as a coach. Coaching is a skill that needs development just like any other.

* What are my main goals in coaching others?
* How will I achieve these? What options do I have?
* What obstacles stand in my way?
* How will I deal with these obstacles?
* What are my target dates for these goals?
* Are there any short term, medium term, goals along the way?
* What support and resources do I need?
* How and when will I get access to this?
* What will I feel like when I achieve the goals?
* What first step will I take towards these goals?
* Timescales. When?