Making the Most of Your Coaching Relationship

The Launch career activation program is underway! By now, we trust that you have reached out to connect with your coach, who will support you throughout the program. Here are a few best practices for getting the most out of your coaching relationship:

Be intentional: You will be speaking with your coach once a month, either by phone or videoconference. Think in advance about what you would like from each meeting. Your coach is there to help you, but in order to do so, they need to know what you really need.

Be respectful of your coach's time: Be prompt and prepared for each meeting. Make sure you are in a quiet place, free of distractions, where you can conduct an effective conversation. If you are doing video call, make sure you are in a place with good lighting. Give yourself time to get to an appropriate place to hold the call.

Be Authentic: Your coach is volunteering their time to support you in your transition into a full-time job. Be honest about any thoughts, concerns, points of view, etc. that may affect the decisions you make along the way. Know that you don't have to have it all together! Your coach is there to help…but you have to let them know how.

Preparation: In advance of your meeting, send your coach any materials that might be helpful. This may include a resume, draft cover letter, a list of companies you are interested in, and your Myers Briggs results.

Do your homework: Once you know who your coach is, check out their profile on LinkedIn. Each of the coaches we have selected has a unique set of experience and skills to contribute to the process. Knowing who your coach is can help you to develop questions and shape your coaching engagement for success.

Think about the following questions:

- Where do I want to be in 5 years? In 10 years?
- What am I passionate about?
- Why have I chosen this career direction?
- What are my unique skills, talents, and perspectives?

To ensure continuity, be sure to calendarize your coaching calls.