



The role of:

the Coachee

The coachee leads the coaching sessions and gives the coach permission to challenge their self-inhibiting attitudes or ways of thinking and behaving. They take full responsibility for themselves and any actions that result from coaching.

For successful coaching, **the coachee** needs to be motivated and committed to the process by preparing for each session:

- Have self-belief
- Set goals
- Take action
- Having an idea of session outcomes
- Be open minded
- Challenge self