

MAXIMISING THE VALUE OF YOUR COACHING PROGRAMME

15 Ways to Improve Your Coachability



1. Get clear on why you're here. Define what you want from coaching; not just what others want for you. Motivation fuels coachability.



2. Adopt a growth mindset. See development as a strength, not a weakness. Assume you can grow, change, and improve; you can.



3. Be curious, not certain. Replace “I know that” with “What might I not be seeing?” Coachability starts with curiosity.



4. Take ownership. Coaching is not a service done to you; you drive the process. Bring the focus, follow up on actions, and own your growth.



5. Invite feedback and consider it. Ask for honest feedback from your coach (others) and resist the urge to explain, justify or deflect.



6. Sit with discomfort. Growth can feel awkward. If you're feeling stretched, it's a sign you're doing the work.



7. Share openly. The more honest you are, the more useful your coaching will be. Holding back only limits your learning.



8. Reflect between sessions. Pause. Think. Write. Review. Even 10 minutes of reflection can turn insight into action.

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9. Challenge your assumptions. Ask yourself: “What limiting beliefs are holding me back?” Then test them.



10. Experiment. Try new behaviours in real-world situations, even if they feel unfamiliar. Small experiments lead to big change.



11. Stay accountable. Treat your coaching commitments as real. Do the actions you agreed. If you don't; be honest about why.



12. Be open to being wrong. Coachability means accepting that others might see things you don't. That's not failure; it's perspective.



13. Ask more questions of yourself. “Why did I react like that?” “What else could I try?” “What matters most here?” “What values are at play?”



14. Don't wait for perfect conditions. There's rarely a perfect time to work on yourself. Coachability means making space even when life is full.



15. Bring energy and intent. Even when you're tired or under pressure, try to show up with presence. Being half-in limits your growth.