

Bringing in this Week's Coaching Spotlight

Week 4: Coaching vs. Fixing: Avoiding the Advice Trap & How to Share Effectively

When you are fixing or rescuing you are not coaching. It is plain and simple. Coaches are naturally helpful people but fixing and giving unsolicited advice is one the least coach-like things we can do.

Remember, if we see clients as “whole and resourceful,” then we want to avoid swooping in to fix as if they are broken. That said, this is typically the muscle most coaches need to strengthen in order to refrain from moving right into “solving the problem.”

This week, notice your tendency to fix, solve or even teach. While educating is often a role that Wellness coaches can step into, we have to be very clear as to when and how it is appropriate to share.

We do this by asking permission to share and then returning back to coaching mode. For example, once you have explored what a client may know or have tried when it comes to getting more sleep, it may then be appropriate to share some ideas or resources that may be of help to them.

COACH: I have some resources that may be of help to you; would you like me to share those with you now?

The coach proceeds to share with the client's permission and then returns to coach mode.

COACH: Is there anything in what I shared that you think might be helpful to you or that you might want to try?

Remember, while you may have wellness expertise, this never makes you an expert on the client. We always want to separate our roles as educator and coach. We never want to hijack the session from the client. This way, they remain always firmly in the driver's seat—where they can continue to expand their sense of Self-Responsibility and Self- Love.

What was my experience of being the coach?