**The Role of a Coach**

**What a Coach is/does:**

Guide

Interview

Educator / Skills Trainer – With permission

Cheerleader

Keeper of the vision

Positive voice

Reframe

Pace/Time-keeper

Non-judgmental feedback provider

Listens 80 % of time; Talks 20% of the time (mostly questions)

*From the time that we begin working with a client we are preparing them to not need to work with us. You have succeeded with a client when they are feeling stronger, more capable, more confident, have more resources and more supports, have learned how to evaluate their own difficulties, choose a goal, break it down, make a plan and execute it on their own.*

**What a Coach is NOT:**

Friend

Only Source

Therapist

Expert

Judge

*The coach is not in the session to meet his/her own needs.*