

A framework for coaching yourself



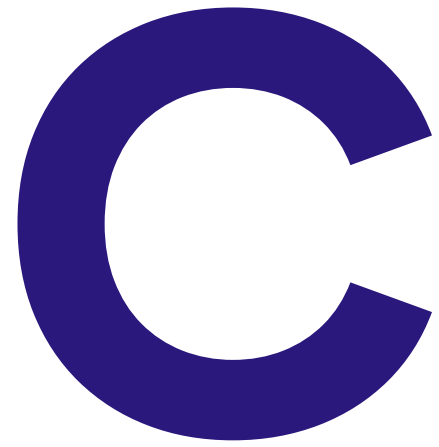
*"Coaching isn't therapy. It's **product development** with you as the product."*

Fast Company

We define coaching yourself as the **skill of asking yourself questions** to accelerate self-awareness and action.

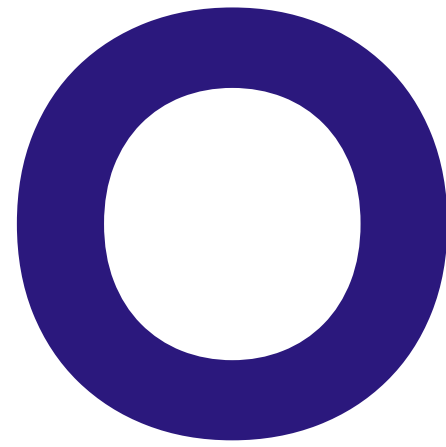
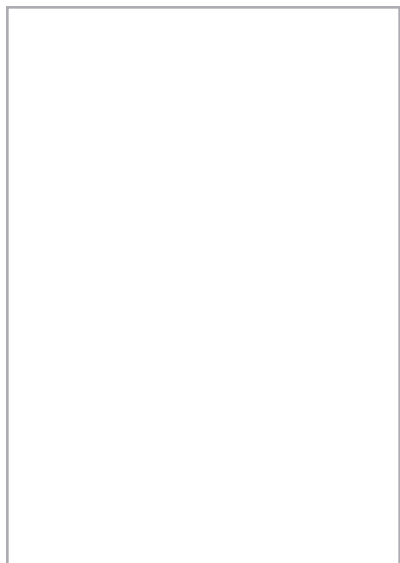
This COACH framework is designed to support you to easily identify where you are in the coaching process, and suggests what you might focus on next.

The COACH Framework



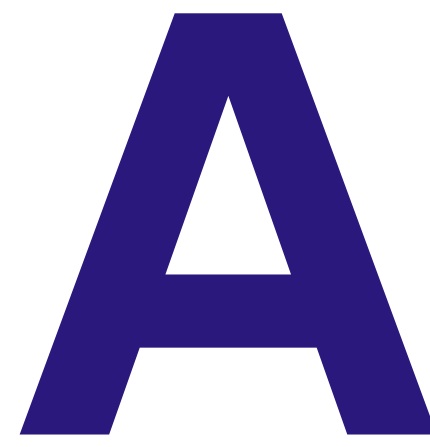
Clarity

Understanding
the problem



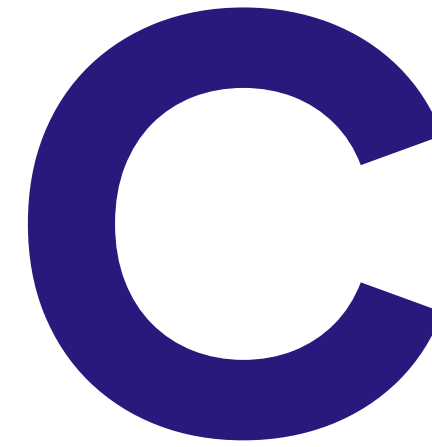
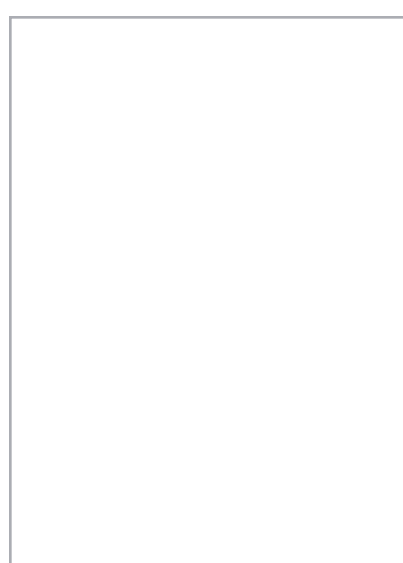
Options

Exploring
the options
available



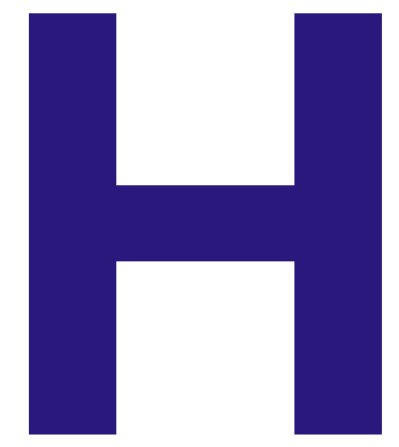
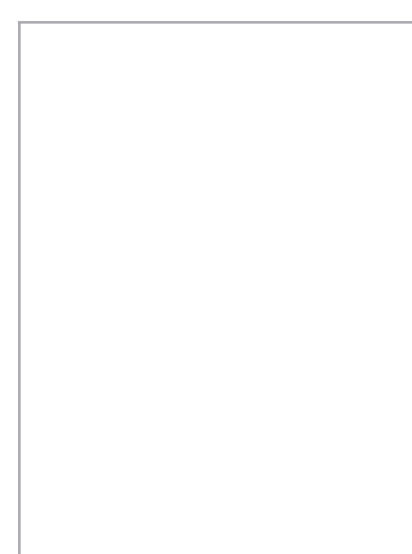
Action

Unlocking
ideas
for action



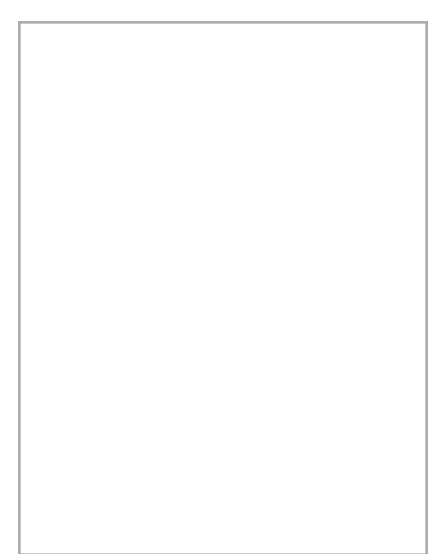
Confidence

Encouraging
commitment
to action



Help

Identifying what
support someone
needs



Coach Yourself Questions

Create Clarity

1. What's on my mind at the moment?
2. What is the biggest challenge I'm facing at the moment?
3. What would help me the most to move forward?

Explore Options

1. What options are available to me to explore?
2. How else could I approach this challenge?
3. How might other people in my team/group tackle this?

Identify Action

1. What feels like the most useful thing to do next?
2. What action would make the biggest difference to me?
3. What feels like a meaningful and realistic action to focus on?

Build Confidence

1. How confident do I feel on a scale of 1–10 in taking the action/s I've described?
2. What might get in my way?
3. What would help me to feel even more confident about taking action?

Seek Help

1. Who could help me with this?
2. What is the help I need to move this forward?
3. How could I get help with this?

10 useful coach yourself questions

1. What would I like to **move from – to?** (eg: from feeling overwhelmed to feeling in control)



2. What gives me the **most energy at work?**



3. When have I **learnt the most** this week?



4. What's **stopping me** from moving forward?



10 useful coach yourself questions

5. What has helped me to overcome difficult moments in my career so far?



6. Who are three people I can ask for help in the hard times and knotty moments?



7. What are my biggest distraction downfalls?



10 useful coach yourself questions

8. What beliefs do I have about myself that might be holding me back?



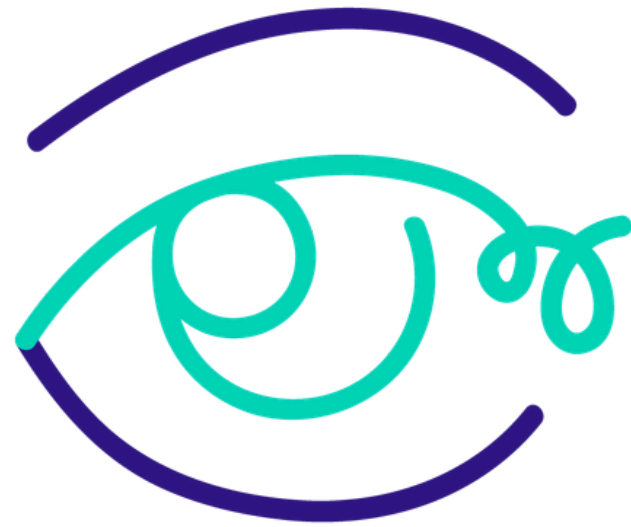
9. What are three different ways I could progress in my career over the next six months?



10. Who could I have a curious career conversation with to explore future possibilities?



Learn more: COACH



Watch

Youtube:

9 Life Lessons
Tim Minchin



Read

Book:

Counselling for Toads:
A Psychological Adventure
Robert de Board



Listen

**Squiggly
Careers**

Episode 84:
How to Coach
Yourself

We hope you've found this Ten Minute Tool useful.
For more free career development resources, visit squigglycareers.com

The background is a solid teal color with several large, overlapping, semi-transparent shapes in a lighter shade of teal. These shapes include circles, teardrops, and organic, leaf-like forms, creating a layered, abstract effect.

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