

What's in Your TOOL BOX?



Have you ever taken the time to consider what “tools” are making a difference in your life? This is a question raised during a coaching session. What tools are working well for you? What tools need to be sharpened? What tools need to be thrown away and what tools do you need to acquire in order to move forward fully with your life?

For example, tools that are working well could mean your great communication skills, and a tool that could use some “sharpening” may be increasing your organizational skills. The coach invites the client to review his or her tools, focusing on what is working well, what is missing, and which tools are no longer useful to the client.

The coach asks powerful questions, such as:

- What is important to you about these tools?
- What will you do and when will you do it with regard to acquiring new tools, or throwing away tools that are not serving you?

- What is your next step to ensure that your tool box is complete?

The coach makes requests of the client, holding the client accountable for his or her actions.

As with many coaching topics, the “Tool Box” conversation is a process requiring focus, commitment, and attention to detail. The coach will ask the client from session to session what he or she has noticed. What is different? How has implementing the “Tool Box” perspective brought clarity to the client’s life?

Hiring a professional coach encourages the client to consider questions that are out of the ordinary. A coach invites the client to step outside of the comfort zone to explore new territory—territory that can provide significant possibilities for the client to uncover and ultimately to embrace!



For more information about hiring a coach, please contact Catherine Smart at Catherine@smartmove.ca or at (705) 606-0985.