

Moving Toward Mastery

Thoughts for New and Experienced Coaches

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"Wherever you are in coaching journey, whether you are just starting or you have been coaching for years, you are at the perfect place in your path!"

Even though I've held that in my own journey, there are still times when I have a sense that I want more in my coaching – both for myself and for my clients. I've noticed in my coach-clients a hunger to continue to move towards mastery. At the same time, many of them also hear their inner critic saying things like "You're just fine, what do you need with more practice or training – haven't you spent enough time and money on that already? Who needs it anyway?" Sound familiar?

I am here to say boldly and emphatically: there are powerful ways to keep you moving forward as a coach who wants to embrace mastery. And many of them don't mean going to more training classes. For example:

- Work with an experienced supervisor or mentor coach. This person will either listen to recorded coaching sessions (make sure to get the client's permission first!) or be coached by you. After sampling your coaching, this person will give you very specific feedback on what is working and where you can improve as you move toward mastery. Commit to bring at least four sessions per year to a more experienced set of ears who will listen and support you.
- Create a "Mastery Dyad" or "Mastery Triad" group who share your desire to grow professionally. Meet twice each month (whether physically or virtually) to explore a specific coaching principle or core competency. If possible, invite a supervisor or mentor coach to give feedback and support the growth of the group.
- Find a program (or create one) that stretches you to BE "out of the box" personally. This can be coaching related, but it doesn't have to be. Perhaps an improv, art or creative writing class – anything that will make you tap into another aspect of your creativity and resourcefulness. Consciously bring what you learn back to your coaching. It can be a real adventure to see how it all comes together!
- Actively seek out and learn from the best credentialed coaches you can find – they have a wealth of knowledge and support. Co-create a relationship with more experienced coaches than yourself. Check out what they are up to; learn from their experience both as coaches and as business owners. Ask questions! Find the coaches that resonate with you and stay connected to them – coaches supporting coaches is a powerful way to keep ourselves moving towards mastery.

These are just a few ideas and ways to keep you moving towards mastery, but the options are limitless. I challenge you to create your "Moving towards Mastery" list. What will motivate you to grow? What goals and action list can you develop that will have you be in motion?

We live in a unique and special time in the Coaching World. The world is starting to awaken to what Professional Coaching is, and the possibility of having masterful coaches committed to their growth and having impact is endless. Now, go BE the best coach you can be; the world is waiting for you!

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