



Unit 1: What is a Coach?

Citation: Centers for Disease Control. (2005). Workplace Safety and Health. Information Circular. (IC 9479).
Provider Specialty: All

Topics



- Successful Coaching
- Coaching Readiness Self-Assessment
- Characteristics of a Good Coach
- What's In It For Me (WIIFM)?

Successful Coaching



It takes more than being able to do the job well.



The ability to share knowledge and skill effectively can be learned and practiced.

From One Coach to Another

“Ability is what you are capable of doing.”

“Motivation determines what you can do.”

“Attitude determines how well you do it.”

–Lou Holtz, former Head Coach, University of South Carolina

Coaching Readiness



This Coaching Readiness self-assessment determines

- Your strengths
- Things you can work on to improve your success as a coach

Characteristics of a Good Coach

Enthusiasm

Responsiveness

Tolerance

Humor

Sincerity/Humor

Commitment

Flexibility

Desire

Super Coach or Blooper Coach?

- Think of someone who did a good job teaching you a skill.
- Think of someone who did a poor job of teaching you a skill.



- What's In It For Me?
 - Benefits of coaching