

## **IS YOUR COACHING CUP HALF FULL, OR HALF EMPTY?** (Do's and Don'ts for Productive Coaching Sessions)

It isn't the amount of knowledge we possess but rather the amount of success we achieve imparting that knowledge, which defines a "GREAT COACH".

As coaches we may be "**full to the brim**" with pints of ideas, quarts of insight, and gallons of experience but it's all just liquid down the drain if we don't possess the skills and techniques to pour this liquid from our cup into the cups of those we coach (without spilling too much along the way.)

### WHICH COACHING CUP WOULD YOU RATHER DRINK FROM?

#### HALF FULL SCENARIO

- 1 Coach met via telephone, email, etc., with Director and or Choreographer to establish a rapport, gain insight and discuss expectations for the session.
- 2 Coach created a positive environment for Director and or Choreographer through positive reinforcement of their efforts and abilities.
- 3 Coach engaged the chorus as equals causing them to feel important and open during the session.
- 4 Coach interacted with the Chorus with a relaxed demeanor interjecting humor and enjoying the session.
- 5 Coach varied teaching styles and techniques thereby keeping the session fast moving and interesting.

#### HALF EMPTY SCENARIO

- Coach had no communication with Director and or Choreographer before the session.
- Coach created a negative environment for Director and or Choreographer by judging and criticizing their efforts and abilities.
- Coach talked down to the Chorus causing them to feel inadequate and defensive during the session.
- Coach was way too intense and so was the Chorus, the Director, the Choreographer (and all who came to observe!)
- Coach repeated the same techniques again and again thereby causing the session to be uninteresting and slow moving.

### **HALF FULL SCENARIO**

- 6 Coach looked well groomed and appropriately dressed.
- 7 Coach seemed well prepared and confident in his or her abilities causing the Chorus to believe this person could be of value.
- 8 Coach involved Director and or Choreographer in the coaching process thereby validating them in the eyes of their chorus.
- 9 Coach took time at the start of the session for an introduction and a little background information.

### **HALF EMPTY SCENARIO**

- Coach looked poorly groomed and inappropriately dressed.
- Coach seemed unprepared and unconfident in his or her abilities causing the Chorus to believe this person might be of little value.
- Coach did not involved Director and or Choreographer in the coaching session thereby missing a wonderful opportunity to validate them in the eyes of their Chorus.
- Coach plowed right in to the session with no introductions or background information thereby leaving the Chorus wondering who this person was and what credentials deemed them fit to coach.

**WITHOUT THE TOOLS AND THE DESIRE TO FOSTER AN ACCEPTING ENVIRONMENT FOR OUR KNOWLEDGE WE MIGHT AS WELL JUST KEEP WHAT WE KNOW TO OURSELVES!**

**I WOULD RATHER HAVE MY COACHING CUP HALF FULL!  
HOW ABOUT YOU?**