



# Developing a Coaching Mindset and Why It Matters

**Impact Coaching Academy**  
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# mindset

[miynd-sett] *noun*

the driving force in the quest for success and achievement. a mindset that combines discipline, strength, confidence and ambition is a powerful one and can achieve anything it sets its sights on.



**"Your life is as good as your mindset."**

- Anonymous



## How to Develop Your Coaching Mindset, and Why it Matters

**The big reasons we all know, plus the lesser talked about benefits of doing your mindset work.**





## What is a coaching mindset?

- **Curious, Creative, Collaborative, Courageous (4C's)**
- **Focus on potential & possibility**
- **Judgement-free as humanly possible**
- **Commitment to client growth, and client responsibility for action**





## ICF Requirement for Credential Achievement

**Coaching mindset establishes appropriate coach-client relationship**





## Why a Coaching Mindset Matters

- Enables being coachable and open to feedback
- Supports coach self-care and resilience
- Allows holding hope for others





## Cultivating a Coaching Mindset

- **Adopt a beginner's mindset**
- **Develop a growth mindset**
- **Master personal accountability**







## **Beginner's Mindset/Growth Mindset**

- **Stay curious & avoid assumptions - about yourself and the client**
- **Ask exploratory questions - of yourself and the client**
- **Embrace not knowing - personally and within the context of coaching**





## Personal Responsibility

- **Hold high standards for yourself**
- **Invite high standards from your clients**
- **Be willing to invite the client, or do the work necessary to maintain your standards**





## Key Takeaways

- Coaching mindset enables quality coaching
- It sustains coach's wellbeing
- It helps maintain integrity within the profession



**Once your mindset changes,  
everything on the outside will change along with it.**

- Steve Maraboli





**Coaching Mindset is what makes coaching great,  
and it is what makes you coachable!**

