



COACHING EXERCISE #3

Factors that Influence Your Coaching

Under each of the following categories, think about situations where the following factors influence your coaching success: *Coach Factors* (e.g. culture, gender, theoretical orientation) (2) *Client Factors* (e.g. personality traits, culture, religious beliefs) (3) *Environmental or Organizational Factors* (e.g. managerial or organizational support). Write down a situation within each category where a particular factor had an extreme effect on the results of your coaching success.

1. Coach Factors:

2. Client Factors:

3. Environmental or Organizational Factors: