

We're Committed to the Principles of **#GreatCoaching**

#GreatCoaching is about **PEOPLE**. The Principles show what a great coaching experience looks like.

Person-centred
My coach knows and understands me. I am included in the session.

Empowering
I'm asked what I think about the session, my feedback counts and I leave feeling motivated.

Organised
My coach is well prepared, instructions are clear and I know what the outcomes will be.

Positive
I'm glad I came along. Conversations are motivating, and feedback is helpful. I'm praised for the efforts I make.

Learning
My coach wants to help me get better. I am learning and progressing.

Engaging
I feel involved and motivated. I can't wait to come back.