



101 Things to Work on with Your Coach

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25 Things about BUSINESS AND YOUR CAREER to Work on with Your Coach		
Importance to YOU H/M/L		
	1	Providing even more value to my clients or customers than they receive currently
	2	Making a change or advancing in my career or profession
	3	Learning how to better prepare my staff, customers or colleagues for change
	4	Putting together a budget, and/or strategic plan for my business or project
	5	Becoming effective and/or efficient in how I do my work or run my business
	6	Delivering work or service at a higher level of excellence, standards or even perfection
	7	Influencing my staff, vendors and colleagues my powerfully/easily
	8	Investing more time and money into my business/professional skills
	9	Feeling, thinking, and acting like a stronger leader
	10	Building and leaving a legacy
	11	Better leveraging my assets, resources, connections or talents
	12	Becoming a stronger, more effective manager of people, projects and results
	13	Totally mastering what I do professionally and becoming the best at what I do
	14	Learning key negotiating skills which will help me get what I want, but also create a Win-Win
	15	Increasing the size, scope and depth of my professional network and community
	16	Significantly increasing my personal or company's productivity
	17	Feeling more like a real pro and being regarded as a real pro by my customers and colleagues
	18	Increasing the profits of my business
	19	Progressing more smoothly on an important project
	20	Learning and mastering stronger selling skills
	21	Developing a marketing plan or creating unique ways to market my product or service
	22	Installing necessary administrative, selling or management systems in my business or work
	23	Learning effective teambuilding skills and management techniques to bring out the best of my group
	24	Improving my timing, synergy and synchronicity so that I don't miss out on opportunities
	25	Articulating a more compelling business or professional vision

25 Things about LIFE to Work on with Your Coach		
Importance to YOU H/M/L		
	1	Becoming someone who accepts things more readily, with less resistance
	2	More quickly assimilating what I notice, experience or learn, and applying it more readily.
	3	Becoming a 'bigger,' more magnanimous, person
	4	Setting much wider boundaries so that I am not taken advantage of, or disrespected, by others
	5	Becoming more compassionate and patient with others
	6	Completing some important projects or resolving some complex situations or problems
	7	Gaining broader perspective or context about life, myself, my life and/or my work
	8	Reducing the strain in my life and the impact of stress
	9	Developing more of an Edge or more inner confidence
	10	Getting more done with less effort
	11	Becoming more graceful and grateful in how I deal with life's challenges and surprises
	12	Becoming more grateful for what I already have, instead of always wanting more
	13	Taking more initiative in certain parts of my personal and business life
	14	Better integrating various parts of my personal and work life
	15	Increasing the level of integrity in my life; I currently feel out of integrity in at least one area of my life
	16	Better prioritizing my goals, responsibilities, roles and projects so that I don't fall behind
	17	Getting back to a more solid feeling so I don't feel so overwhelmed or in a swirl
	18	Working through my resistance and fears
	19	Responding more quickly and fully to both opportunities and problems as they occur
	20	Feeling more physically and financially safe
	21	Simplifying my life, perhaps even dramatically
	22	Raising my standards of behavior, expectations, relationships and lifestyle
	23	Dealing with difficult people in a more constructive, yet powerful, way
	24	Better managing my time in order to get the most out of each day and still have enough time left for ME
	25	Having to tolerate less in my work and life

25 Things about YOU to Work on with Your Coach		
Importance to YOU H/M/L		
	1	Improving my physical appearance and presentation so that I am delighted with how I look
	2	Updating some of the assumptions I've made about myself or life, and upgrading my paradigm
	3	Identifying, and focusing on, healthier goals
	4	Regaining my balance so I don't feel like I'm always juggling the different parts of my life
	5	Making significant changes to my body in terms of weight, tone and/or strength
	6	Strengthening or perfecting my character
	7	Having more confidence in how I present myself
	8	Having more of a positive effect on others, without trying to dominate or control them
	9	Improving the quality of my physical and/or spiritual energy
	10	Improving my communication, cooperation, and love within my family
	11	Better identifying, and orienting myself around, my strengths and special gifts
	12	Becoming much more happy than I am right now
	13	Developing my mind and intellect more than I have – I need a good challenge
	14	Identifying and, once-and-for all, satisfying all my personal needs
	15	Becoming more consistently passionate about my life and/or my work
	16	Feeling more at peace with myself, my life, and/or others
	17	Developing or improving my personality, attitude and how I come across to others
	18	Enjoying my life a lot more and experiencing more pleasure
	19	Becoming a Problem-Free Zone
	20	Becoming a lot more receptive to new ideas, approaches and views
	21	Building significant reserves in all areas of my life – time, money, love, opportunity, etc.
	22	Taking much better care of myself – mind, body, and spirit
	23	Better knowing and understanding myself, what makes me tick, and what truly motivates me
	24	Developing my spiritual side more
	25	Developing a stronger personal style and being able to express myself more fully

26 Things about YOUR PERSONAL SUCCESS to Work on with Your Coach

Importance to YOU H/M/L		
	1	Learning how to attract success to me instead of pushing so hard for it
	2	Becoming more aware more quickly of what's occurring to and around me
	3	Increasing my bandwidth by receiving and processing information more quickly
	4	Deliberately causing/creating success, instead of waiting for it to happen
	5	Becoming more coachable and flexible to input from others
	6	Learning key coaching skills to use with others
	7	Improving my communication and speaking skills so that I am better heard and understood
	8	Contributing more to others without feeling that I am wasting my time or resources
	9	Becoming more creative in my life and/or unblocking what gets in the way of my creating
	10	Developing a formal schooling/education plan or strategy for my life and career
	11	Advancing several important goals and objectives
	12	Developing my ideas further
	13	Learning how to work better in collaboration/partnerships
	14	Developing my intuition so that it's more finely tuned and accessible to me
	15	Increasing my vocabulary and/or learning how to phrase my thoughts better
	16	Creating a coordinated and comprehensive Life Plan for the next 5 years
	17	Becoming a much better listener – I want to really hear what others are saying/trying to say to me
	18	Conducting a complete life makeover, top to bottom
	19	Becoming much better organized with paperwork, bill paying, and other tasks
	20	Developing a customized reading program to better educate myself or expand my thinking
	21	Resolving a relationship problem or improving a key relationship
	22	Getting to know all of the parts of myself better so I can make better decisions without regret
	23	Starting a savings plan or increasing the amount I'm saving each year
	24	Turning around a very important part of my life
	25	Becoming more techno-savvy
	26	Learning more about what love is, how it works, and how to become a more loving person

ABOUT BARRY ZWEIBEL »

A former executive and corporate officer in the high-tech world, adjunct instructor at Northwestern University, and many a boss' go-to person, Barry Zweibel honed his leadership skills in the real world of mission-critical operations. Whether presenting in the boardroom, managing the crisis of an untimely systems outage, or casually chatting over a cup of coffee, he proved himself to be a caring, capable, professional known for insuring consistently excellent results.

Since 2000, he's been using these skills, along with his extensive coach training and learning library, to accelerate clients' executive presence, leadership effectiveness, how they work up, down, and across the organization, and their strategic thinking.

Barry is considered by many to be a subject matter expert on a variety of personal and professional development topics. His own articles on leadership, conflict management, career planning, and coaching have been widely published, and several authors have cited Barry's work and influence in their own writings about leadership, professional development, sales, and coaching.

Beyond that, Barry Zweibel has the uncanny ability to help executives get better traction with their most nagging concerns. Seasoned executives, managers-of-managers, first line supervisors, and high-potential employees, alike, seek his fully-customized and confidential, 1-on-1, coaching, mentoring, leadership development, and career acceleration services.

His warmth, humor, and good nature also benefit those looking to improve their confidence, creativity, charisma and work/life balance, as well.

ABOUT LEADERSHIPTRACTION® »

- LeadershipTraction was founded in 2011, as a division of GottaGettaCoach!, Inc. (established July 4, 2000) for the purposes of accelerating the professional development of seasoned executives , mid-level managers, and newer and aspiring leaders. Because even the smartest, most capable, people sometimes get stuck or stymied.
- LeadershipTraction helps executives, managers-of-managers, and high-potential/emerging leaders achieve 3-5 years of personal and professional growth in a fraction of the time by helping them refocus their confidence, competence, and drive, so that they can move meaningfully forward with more energy and enthusiasm and purpose.
- The organization’s core values include:
 - Adhere to the highest of Ethical Standards at all times
 - Have a bias toward Making a Meaningful Difference
 - Coach as Powerfully, and Masterfully, as possible
 - Challenge, Support, Respect, and Regard
 - Seek, Learn, Grow, Share

CONTACT INFORMATION »

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