



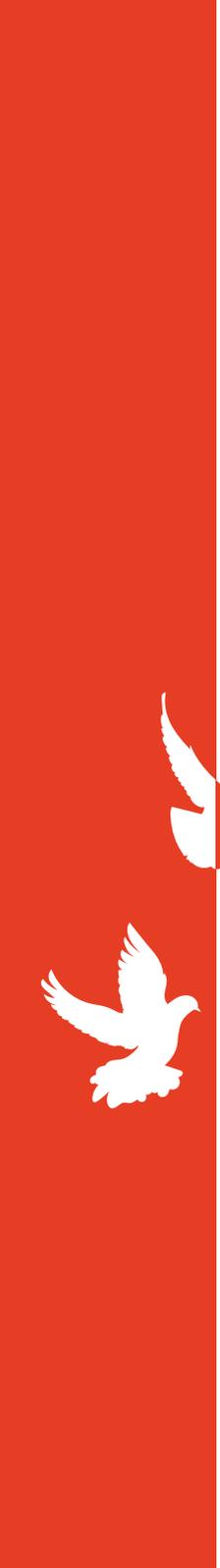
# Coaching & You

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GETTING THE BEST OUT OF YOUR COACHING RELATIONSHIP

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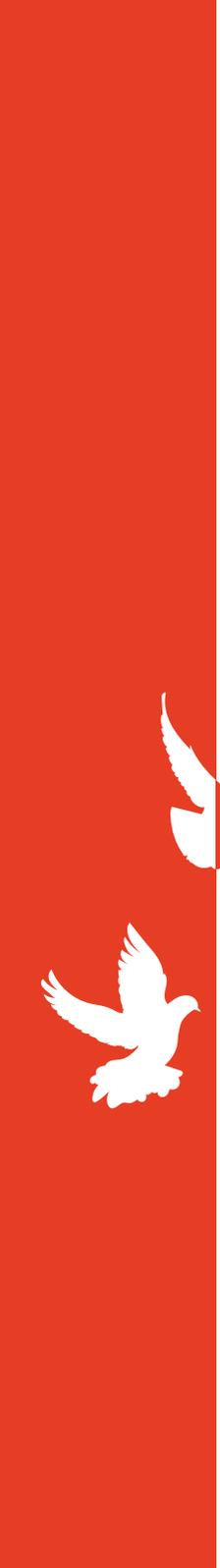


## About CFI

Coaching Foundation India Limited (CFI) is India's first institution dedicated to Executive Coaching. Its founding purpose is to create world class coaching professionals and offer comprehensive training and advisory solutions to individuals and organizations.

With businesses experiencing both unprecedented opportunities for growth and competitive pressures in equal measure, many executives now find themselves in new roles and company cultures that require managing more efficiently than ever before. In situations such as these, executive coaching acts as a catalyst to lift individuals and teams alike to their highest potential. Having completed over 250 coaching assignments for leading global and Indian companies, CFI has built deep insights into what constitutes coaching effectiveness.

This guide is a result of these research insights. Through this guide, CFI aims to foster an appropriate application of coaching so that its integrity is maintained.



## About this guide

This guide is meant to help potential coachees get the best out of their executive coaching engagements by answering questions they may have and providing tips for a rewarding experience.

The research and publication effort for this Guide was led by Savita Mathai. Savita Mathai is a CFI coach who heads HR at the FCB Ulka Group. She is also the Vice President of the Mumbai-Pune chapter of the Coaching Foundation of India.

## Table of Contents

1. Why me?	5
2. How will coaching be different from what my Manager does?	6
3. Is coaching the same as mentoring?	7
4. What is the difference between coaching and training?	8
5. How do I know if coaching is right for me?	9
6. What is required from me?	10
7. Is there a process to coaching?	11
8. What makes my coach competent to coach me?	13
9. Does my coach need to be from the same industry as I?	13
10. How should I go about selecting a coach?	14
11. What is the role of my manager and the organization after I have started working with my coach?	15
12. Will everything I tell my coach be shared with my manager?	16
13. Will coaching change my personality?	16
14. What do I need to do to get the most out of coaching?	17
15. What can I expect by the end of the engagement?	18
16. Does coaching address only work issues?	19

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