

Giving choices

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I once worked with a coach who's approach to coaching was based on expertise. This meant that our interactions were advice driven. In other words I brought up a topic and looked for his advice. This is not coaching. It is consulting. If you want advice, get a book from the library. Coaching is about choices. Interestingly, this is exactly what William Glasser's approach is. Choices. That's what you get in a Reality Coach.