

# How to Sustain Change After Coaching

***Congratulations! You've reached the end of your coaching journey.***

What a journey it's been. Give yourself a huge pat on the back for the hard work and effort you have devoted to this process. You should be very proud of how you have shown up for yourself every step of the way.

Because I know you care about sustaining and deepening your growth over the long term, here are a few suggestions for doing that:

## 1 COME TO YOUR FINAL SESSION READY TO TALK ABOUT ACCOUNTABILITY

In our final session, we will discuss your wins and development in coaching. We will also talk about what's next for you. Be ready to discuss how you plan to stay accountable to the progress you've made in the past months. We'll talk about what activities and commitments are important to sustain your progress. This is where you will create accountability to yourself for the long term.

## 2 CREATE A REFERENCE GUIDE

Many of my most successful clients create a coaching "Best Practices" guide for themselves – a place where they log tools, exercises, and activities from coaching in one central location for future reference even after our work together ends. Go back through your notes now, while concepts are still fresh in your mind, to create this guide. If there are certain reminders that stood out to you, write them down on post-its to keep next to your desk.

## 3 KEEP A JOURNAL

To increase your awareness and stay focused on your continued development, I recommend keeping a personal journal. You can use this to take stock of your achievements and internalize your strengths, reflect on moments where you notice unhelpful behaviors slip in, set weekly goals, and much more.



#### 4 MAKE A DATE WITH YOURSELF

I suggest setting aside on the calendar now to “meet” with yourself quarterly. These personal summits are an opportunity for you to review your coaching “Best Practices” guide and refresh yourself on the tools and practice we discussed. It is also a chance for you to assess “bigger picture” items like whether or not you need to set strong boundaries, say no, or are staying true to your core values in your career.

#### 5 IDENTIFY THE COACHES IN YOUR LIFE

Look for an accountability partner, such as a friend, professional peer or spouse, who you can connect with and who can support you in sustaining your progress. You can also turn your supervisor or other senior leaders into allies in your journey by letting them know what aspects you want to grow in, and asking for their feedback and support.

#### 6 UTILIZE THE RESOURCES

You retain access to resources from our coaching engagement, including the Coaching Tools Library and workshop recordings, even after our work together ends. Put aside time to go through these materials as needed. The tools you learned in coaching are ones you can return to whenever you need, in good times and bad, as your goals and season of life evolve. If you ever want to review past forms you submitted, you can find them inside your client portal under “Forms.”

Finally, thank you for allowing me to take this journey with you. I can’t wait to see what you accomplish next!



*Melody*