

# Life Coaching Webinar

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## Session Five – Maximizing Your Relationships to Reach Your Goals Copyright John Townsend, Ph.D. 2012

### Introduction

- I. The Impact of Your Relationships on Achievement
  - A. How Connection and Achievement Go Together
  - B. Connection and the Pace of Your Growth
- II. The Five Types of Relationships
  - A. Source
  - B. Mutual
  - C. Service
  - D. Casual

E. Toxic

### III. Your Major Coaching Relational Needs

Say, "I need you to:"

A. Accept me: connect with the real me, with no judgment

B. Understand me: let me know you "get" what I'm experiencing

C. Encourage me: let me know you believe that I can succeed

D. Give me Reality: provide advice, feedback and wisdom

E. Challenge me: push me out of my comfort zone

F. Affirm me: let me know when I've done well so that I believe it

### IV. The Skills of Relationships for Maximum Growth

A. Identify the need at the time

B. Ask

C. Receive

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D. Use

Discussion questions:

1. Which type of relationship are you out of balance in, and why?
2. Name the two relational needs that are currently most important for your growth, and why that is.
3. Which of the skills is the greatest challenge for you, and why?