How To Use Your Own Experience

Use these questions to guide your practice in sharing your own experience

DO:

- Check in with yourself first. What is your motivation?
- Is it really relevant?
- How might is support the coachee?
- What other options are there? Ask permission: “I have some experience that may be helpful. Would you like me to share or ask you a different question?”

DON’t:

- Leap in without checking in with yourself
- Think that this will be the solution just because it was your solution
- Trauma Dump - find another space for your stuff
- Go into lots of detail - stick to the short points