



# 1on1 Agile coaching

*Setup of the coaching program.*

## The Agile 1on1 coaching program goals:



- Create a **personal development plan**
- **Help** you understand your role in an agile organization
- **Thinking** through day to day challenges
- **Reflection** on how to create business outcomes  
THROUGH agile
- **Change** the way you see 'organization', 'work'
- **Learn** the behaviors that fit a modern organization

## Timing

- 30-60 minutes sessions
- frequency up to the coachee
- The initiative to schedule the coaching session lies with the coachee

## Structure

- 24 hours prior to the session, the coachee sends an email with the questions/topics/themes to be discussed
- During or after the session, coachee sends coach an email with 'things that stood out in the call' along with action items within 24 hours
- Optional: set up a trello board with topics & actions (and avoid email)
- Anything we discuss is confidential unless agreed otherwise; some operational topics, important to the wider organization, will need to be shared.

## Outcomes:

- Anything that happens 'on the ground' that the coach can help reflect on
- Reflection on OKR achievement (in your team)
- Accelerate personal learning journey, show your 'blind spots'

## Agile organization

- Personal development, growth, learning leadership capabilities
- Structure. Process, people (how can Agile help create outcomes)

## Personal shifts

- Bring up a specific topic (e.g. conflict in team, communication with stakeholders)
- Translate the agile mindset, culture, values to personal behaviors
- Becoming a change maker, comfortable with coaching anyone at any level

## Agile Organization

### Embracing Change



Change is constant. Change is a fact. We coach on using change to create a better future.

### Accountability & structure



An agile organization is organized around teams with less hierarchy. We coach everyone to keep the monkeys where they belong.

### Agile practices



As an agile team player, you need practices that fit your day to day work. Our coaching aims to bring you the right frameworks and tools at the right time.

### Entrepreneurship



Entrepreneurs see problems and don't stop until they're solved. Ekipa helps you grow your agile entrepreneur 'muscle'.

### Innovation



Innovation is the ultimate goal of any agile organization. We help you bring innovation into the day to day work of your agile team. Starting with small things, leading to the big disruptions.



# How to get most value

*from our executive coaches.*

# 1. Create clear outcomes

Work with your coach to define what it is you want from coaching. Answer these questions for yourself or discuss them with your coach:

- What are my expectations?
- What outcomes do I want to achieve?
- How do I expect the coach to work with me?
- What defines success for me?

Begin with intention and goals to get the most value out of your coaching experience. You can always adjust as you learn what can be accomplished.

## 2. Prepare

Use the structure outlined above. Think about the topics you want to discuss the day before your session; send them to your coach, so he can prepare.

Coaching enables you to 'look from the balcony'. You're 'in the dance' most of the time. Use this balcony time to reflect, wind down, grow and learn.

- When you give your time and focus to coaching, you are far more likely to have a successful experience.
- If there are many things to talk about, you will likely need to prioritize them with your coach, so you can limit your focus.



### 3. Be open and honest

Your coach is there to help you. Anything that you want to keep strictly confidential, will be.

Your coach can only help achieve outcomes as much as you and your team are honest. Establish the kind of confidentiality you need and the scope of coaching focus you want in order to have productive discussions.

Share the things you've tried before and why they did or did not work. Share your hopes, frustrations and reality so that your coach has a clear view.

Also give the coach feedback about his coaching style, the way he asks questions, the advice he gives, the way he approaches you.

Honesty often opens up problems and opportunities that have been avoided in the past.

Coaching is founded on ownership of the individual.

Coaches don't prescribe how to do work or give solutions to problems; they challenge with questions, share their insight, and offer advice. It's up to you to take what you hear and combine it with their experiences and knowledge.

At first, it might feel like the coach isn't doing anything to help. You may think to yourself, *"All she did was ask me questions!"* Ownership of learning is a mindset that can be difficult to practice at first. Over time, with a coach's encouragement, change can happen.

After every session, send a summary to your coach. Add action items to your backlog (your personal OKR?). Execute them and share what you learned with your coach in the next session.

The coach is your mirror. You must own the changes and actions for change to happen.

## 5. Stay connected

Successful coaching experiences are founded in connection and trust. Both you and your coach must give time to the relationship to be connected and build trust. Your coach will actively seek connection; it's up to you to respond.

It takes more than a few meetings to learn new capabilities or unlearn skills that are no longer serving you. Work out with your coach what you can reasonably commit to that will still give you a chance to derive value from the process, and then commit!

You don't need to wait for the coach to reach out. Actively seeking out help and scheduling sessions will help accelerate your growth and the outcomes you're creating.