



The Invisible Realities of Life Session 5

- I. The resource stage is getting people connected with the options and needed resources available to them.
 - A. It is helping people look beyond their immediate circles for possibilities.
 - B. Resourcing means getting connected to make the road easier.
 - C. Sometimes people request resources, sometimes they don't.
 - D. Resources move action steps forward.
- II. What resources will you need to accomplish your goals?
 - A. Resourcing means applying the right tool at the right time. (i.e. surgeon, seminar)
 - B. When a new need becomes apparent, modifications have to be made.
 - C. Resources mean more than one or two avenues.
 - 1. Books
 - 2. Time
 - 3. Money
 - 4. Connections
 - 5. Knowledge
 - 6. Experience
 - 7. Personal
 - 8. Support
 - 9. Training opportunities
 - 10. Curricula

- 11. Music
- 12. Websites
- 13. Forums

III. What resources do you already have?

- A. What do I need and what do I have?
- B. What is available vs. what do I have to develop?

IV. What resources are missing? (Coachee must identify and provide missing resources.)

V. Where will you find the resources you need?

- A. Think networking – “Who is well connected to a particular area?”
- B. What do you need to eliminate to make more time?
- C. Build a team and delegate.
- D. Utilize experience.
- E. Brainstorm on ways to increase money resource.

“A coach’s role is to find ways to help people think through creative options for finding what they need.”

VI. What can I do to support you?

- A. No coach, no matter how skilled, is going to have all the answers.
- B. Resourcing is all about making connections.
- C. Resourcing is an ongoing process, not a one-time event.