

Support Partners

Having support is crucial for success -- it will get you through the lows and maintain and build on your success.

Accountability is an important element in any coaching practice. Nonetheless, we have found the name "support" partner preferable to accountability partner. To get a first-hand experience, we have incorporated support partners into the Coaching and Healing Telecourse.

It can deepen your understanding and accelerate your growth, while forming a valuable relationship in the process. Many of our students have reported wonderful results from this kind of special relationship.

In business, a support partner helps you stay on track with your goals. In our telecourse, another powerful advantage is to have a person to practice the many techniques you learn. Practicing the techniques is one of the key ingredients to competency and confidence.

Support partners many benefits include...

- keeping each other on track
- offering appropriate feedback
- giving encouragement and support
- helping each person stay motivated

We recommend checking in regularly with your partner (perhaps weekly) at a scheduled time. You can also have more than one accountability partner and practice with different people in the class.

The key is to be accountable. Some definitions that can describe being "accountable" are "subject to giving an account; capable of being accounted for; explainable."

As you know, obstacles and distractions naturally occur that can affect our progress. Having a support partner is a great way to keep you moving in the right direction: toward your dreams, purpose, manifestation and growth.

To the heart of your success,

Phillip & Jane Mountrose