Workplace Strategies for Mental Health

Compliments of Canada Life

Coaching up: Advocating for yourself

E-learning module

Coaching up is a simple, respectful way to let your supervisor know what helps you do your best work. It is a quick, practical way to speak up for what you need to succeed at work.

Some people hesitate to speak up when something is getting in the way of doing a good job. Coaching up is a proactive way to share what supports your success—without sounding like you're complaining or asking for favours.

It increases your chances of getting what you need and helps your supervisor understand how to help you thrive at work.



Align

Align your request with the goals of your supervisor



Stay professional

Keep your tone calm and respectful



Link

Link requests to your own performance



Solution-focus

Provide solutions that allow you to work better



Be flexible

Be ready to compromise and be flexible on the "how"



Remember

You're not complaining or asking for favours

Learn more about coaching up:

Coaching up: Advocating for yourself
clwsmh.com/coaching-up

Requesting accommodation
clwsmh.com/requesting-accommodation

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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