## Skills – motivation matrix

High skills	
Inspire	Walk with
(Confidante)	(Companion)
Low motivation	High motivation
Direct	Guide
(Personal trainer)	(Cox)
Low skills	

(Adapted from: Powell, G., Chambers, M. and Baxter, G. (2001) *Pathways to Coaching.* Bristol: TLO. p. 10.)



2.3 The Coaching Toolkit © Shaun Allison and Michael Harbour, 2009 (SAGE)