A sense of humor is one of the coach's most valuable assets. Getting the client to see the humor in a glum situation is a skill and an art. However, applying a sense of humor toward oneself is often a more difficult task, especially for the coach who is heavily invested in the outcome of the client's process.

Self-effacing humor denotes personal adaptability and an inner confidence. Such a demonstrated ability on the part of the coach models the importance of keeping one's eye on the process and refusing to give in to self-doubt and temporary setbacks. Both coach and client will do well by reminding themselves that, "This, too, shall pass."

In our coaching practices, we make it a habit to close every coaching session by acknowledging some success on the part of the client. This can be difficult during times when a child is out of control, especially if one focuses only on what is going wrong. However, there is always reason to celebrate the process. If nothing else, the fact that the client has continued in the coaching relationship means that he is taking positive steps toward a brighter tomorrow.

Bringing experience and perspective to the process allows the coach to point out how today's small steps can lead to tomorrow's major changes. Experience reminds the coach of the Chinese proverb that a journey of a thousand miles begins with a single step. Especially for parents who have been "stuck" in doubt and inaction, any new action on their part (or the child's) represents a significant success.

Let us remember, that while ultimately the client defines her own success, she may need help in seeing past her own unrealistic expectations. She may need the coach to assist her in recognizing and relishing small victories while she works toward more dramatic changes. One way to do this is to compare the client's present situation, behaviors and resources to those she had at the beginning of the coaching relationship.

Celebrating the process requires that the client be focused in the here and now, and not dwelling on the past. Process means progress. The stream you step in today will be completely different from the one you stepped in yesterday.

Celebrating the process is a critical component in coaching children since they can become frustrated easily and often lack the cognitive development to forecast positive outcomes from today's hard work of change. However, cognitive development does not

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