

Working with a coach is all about your personal growth. You will set aside time to focus on yourself and your goals. You will clarify areas of life you want to work on, explore new options, and make firm decisions. I'm here to help you learn, grow, and succeed.

It would be best if you were willing to experiment with fresh approaches and be open to redesigning some parts of your life. This may be necessary to help you reach your goals and live an integrated and fulfilled personal and professional life.

SESSION STRUCTURE

Together, we'll set the agenda for the session based on what you want to focus your attention on. I'll listen, ask questions, encourage, challenge, expand, and support you. You will leave each session with the next steps toward the future goal.

ENJOY THE SESSION

We love to help you to gain clarity and work on your goals, but we also enjoy getting to know you personally. We may take a little time to catch up on parts of your life that mean a lot or that you may want to share something personal and confidential. Feel free to set the tone for the session, and we will come alongside you to enjoy the ride.

POWER OF REFLECTION

We have about an hour together, and you'll want to have a written list of things to discuss. Spend time reflecting BEFORE the session to identify what needs to be worked on.

Capturing and processing your reflections will be crucial to your success. Reflection and processing will help in the following ways:

1. Deepen self-awareness and clarify what to focus on
2. Keep momentum in moving forward
3. Help with tracking progress over weeks and months

These are some items to reflect on:

- Insights, “aha moments,” and new awareness which excite you
- Successes and wins that you have had during the week
- Progress report on action steps you completed and goals accomplished
- Problems or obstacles you faced and how you handled them
- What you’re currently working on, and how it’s going
- New skills or strategies you want to develop
- Areas you still need clarity on
- Next topic or goals to focus on

ACTION STEPS

As your coach(es), we commit to working hard to ensure that the coaching action steps resulting from our coaching appointments are not “busy work.” These tasks, actions, results, or changes are all designed to help you take the next steps forward.

If you take the time to apply yourself and work through the assignments, they’ll help you achieve your personal and professional goals.

A FEW OTHER THINGS WILL HELP

1. Don’t rush into the call. Spend some time collecting thoughts and slowing down before jumping into your session – perhaps consider reading through your coaching prep form or simply staying silent a few minutes before joining the call.
2. If you sense that the session isn’t headed in the right direction or is not helpful, communicate with your coach. Let’s review our goals and our approach. We desire to know that the coaching is helping you achieve your goals.
3. Find ways that work for you to retain insights and action steps from the session (ex., journaling, sticky notes, voice memo, drawing, meditation, etc.)
4. Finally, if, for some reason, things have changed financially for you, and you are unable to fulfill your financial commitment regarding the coaching, please let your coach know. We will make every effort to help make things work, but we need to know where you are before we can help.
5. Please feel free to contact us in between the sessions with any questions.