

Q: What Happens During Coaching?

A: It's a conversation where the coach & client have a future-focused dialogue, aimed at creating a shift in thinking & moving the client towards their goal or outcome. Below is an overview of some of the elements



Setting the Foundation:

- i) defining your direction / goals
- ii) understand your strengths, skills & how you work best



Deepening Self-Awareness:

- i) know your beliefs and values & evaluate how they align currently vs desired future state
- ii) explore any blocks & limiting beliefs



Stepping Forward & Evolving:

- i) bringing it all together, recognising growth is not linear; it is an iterative process of revisiting some of the other steps



Exploring Options:

- i) develop new perspectives
- ii) this leads to creative ideas, and a different ways of approaching things



Creating Your Unique Action Plan:

- i) determine the achievable steps needed to move you towards your goal
- ii) identify any gaps (skills, knowledge, experience) & support / resources

