

HOW COACHING WORKS

We meet/get on the phone. I will ask you about the topic you want to discuss. We will investigate this topic fully, identifying what the problem is, referring to the current situation, how you intend to change it and what steps you will take. It is as simple as that!

If you would like, I might set you some additional homework (alongside your goals) but this is totally optional. Homework is designed to accelerate your progress in particular life areas.

BEFORE THE COACHING SESSION.....

Telephone Coaching:

Set your environment. Find a calm, quiet place where you will be undisturbed for the next hour. Tell your family/house-mates. Put a sign on the door if you need.

Have a pen and paper ready. I can email you a template for the meeting in order to structure your thoughts if that would help. Just ask.

Have an idea of the topic or theme you want to discuss.

Face-to-face Coaching:

Have an idea of the topic you would like to discuss.

Make a note of how well you have done with the goals of last session.

Bring your notes from last session.

Make sure you have pen and paper with you!

DURING THE COACHING SESSION

Really THINK about the questions and your life. There are no mistakes. You can say things, however ludicrous they may seem. Be expressive. Don't worry if you get stuck or there are silences – sometimes this is when your thought process is at its most creative. Do not worry if you feel disturbed or tearful. I can give you time and space.

Think about your answers. The next hour is about YOU. Indulge yourself and be as open and self aware as you are able. The questions I ask will help you with this.

WRITE THINGS DOWN (I will too). It is proven that writing things down means you are more likely to a) remember it and b) action it. Be sure to leave with your goals written down.

At the end, make sure you book your next appointment!

AFTER THE COACHING SESSION

Make sure you have written down your goals. Perhaps stick them somewhere prominent.

Diarise your goal. Tell people about your goal. Try to action your goals as quick as possible.