

What is coaching?

Coaching empowers individuals to live out their personal, professional, and spiritual calling. The goal of coaching is for you to discover new elements about yourself or/and others in your life and to take action to reshape your life around that learning.

The goal of the coaching relationship is to produce insights, greater personal awareness, and changed behaviors, thought patterns, actions, and ultimately concrete results.

Importantly to note: this is a collaborative process. You, as the client, will need to participate wholeheartedly in order to create the changes you want. Your coach can walk alongside you, but can't create change for you.

Coaching is about you doing whatever you are willing and able to do in order to build the life you want to live.

As your coach, I will provide a confidential, sacred space for you to be open and honest, and to explore your past in order to understand your present. I will help you create a vision for the future, and action steps that will get you there. I will listen well, ask questions, encourage, and give you tools to examine your own thoughts and emotions, challenge you when it's helpful, and remain supportive through it all as you gain insight and take next steps.

What Coaching Isn't

It's not therapy. Although many of the communication techniques are the same, like active listening, reflecting, use of questions, etc., therapy sometimes focuses on the past to bring healing and unblock a person to move ahead. Coaching is present, future and action-oriented, for people who are basically clear of psychological and emotional issues.

It's not mentoring. Mentors are experts in a particular field who seek to pass on their expertise to a person. Mentors provide knowledge, advice, guidance, correction, and encouragement to people who are newer and junior—by experience if not by position or age. They may use some coaching techniques, but mentors usually play the roles of advisor and teacher to guide and impart knowledge and wisdom.

It's not training. In training, the trainer sets the agenda. Change comes from outside the participant, via the trainer. In coaching, although your coach is equipped to help you learn new skills, you are the one who will decide whether to use them or not, and how. As your coach, I will help you determine your goals, and find motivation to change that is driven by your values and beliefs.

It's not authoritarian. As your coach, I will push you beyond what you might think you can do, but will always be supportive. You are in control. The responsibility to decide and act is yours.

Why Does Coaching Work?

Coaching works because it brings out your best. I believe you can create solutions and actions that are in line with your values, beliefs and goals, and I am trained to support you in that process.

Specifically, this is what I will do during coaching sessions:

- Listen well. Your perspective is important and needs to be heard.
- Ask questions and reflect your words and their meaning back to you. I will ask questions to stimulate your thinking and creativity.
- Encourage. Everyone needs encouragement, and usually we don't get enough. I will spur you on to pursue your vision, your progress, and your efforts.
- Facilitate while letting you lead. I will facilitate your learning and problem solving. You are the leader - with your agenda and your approach.
- Introduce you to new skills. I am trained in cognitive-behavioral coaching and a variety of other coaching skills that may be useful when you need to clarify or modify your thoughts and beliefs.

Why Use a Coach?

There are many reasons to use a Life Coach. Some of which are:

To create a confidential space to explore thoughts and feelings

To make significant changes

To better deal with uncertainty

To make big decisions

To set new goals

To reach goals faster

To grow spiritually

To become financially more stable

To get ahead personally

To have a collaborative partner

To improve relationships

To make a bigger impact on the world

To be a better leader

To simplify their lives

To reduce stress

To keep up with the speed of life

To address transitions in life, location and employment