



How does the coaching process work?

COACHING ENGAGEMENT PROCESS

Discovery/Consultation
30-minute free consultation

1

2

Agreements
New Client Welcome Packet
Signed and Returned Documents
Scheduling/Payment

Intake Session
Use assessments
Set coaching engagement goals

3

4

Coaching Sessions
Ongoing Coaching Sessions
Homework Assignments for Skill
Building

Closing Session
Reassessments
Goal outcomes check
Next steps

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