

321 Life Coaching, LLC

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Coaching Expectations

What you can expect.....

Confidentiality: The nature of the coaching relationship involves sharing personal and confidential information. There may be times when your coach feels it is important for issues to be shared with folks in your support system. It is always the goal to have relationships with healthy communication. Unless permission is granted, all coaching sessions, conversations, and written communications remain confidential between the coach and client, except where prohibited by law.

Benefit #1: You will get to know yourself in new ways. Working with your coach is a healthy way to grow. Most clients hire a coach to accomplish several specific goals. Coaching is all about being and expressing your real and best self. Don't be surprised if you discover new parts of yourself or if you find your goals adjusting themselves to reflect who you really are and who you want to be. This discovery process is natural, so there is no need to rush it, just realize it will likely happen. Accelerated personal growth is a benefit of being coached.

Benefit #2: Fully invest yourself in this opportunity for accelerated growth and accomplishment. Be patient with yourself and commit to the coaching process for at least 3 months as lasting change doesn't happen overnight. Show up for your coaching session on time, prepared, and fully ready to problem solve, reflect, strategize, and celebrate. It is helpful for you to not be rushed to your session and take a few moments prior to the session to slow down, clear your mind, and get focused. Turn off all distractions in your environment such as TV, internet, music, and your cellphone if it's not being used for our session. It is always a great idea to have a pen and paper handy for jotting down things during the session. You are more likely to remember and take action on things you write down. Plan to keep all your coaching materials together in a special notebook and folder just for your coaching material. Bring them with you to each session.

How to get the most out of your coaching: The time we spend together in session each week and the time between our sessions can greatly benefit you in making progress towards your goals. Fill out your "Session Prep Form" prior to our scheduled session. This is used to maximize our common understanding of where you are and where you want to go in coaching.

Session Prep Form: Give yourself enough time each week to fill out the Session Prep Form so you have enough time for thought and reflection. The Session Prep Form is an important tool that assists us in staying focused during our coaching session. The Session Prep Form helps our ability to move forward quickly to the tasks at hand.