

Are You Ready for a Coach?

Can you be relied upon to be on time for all calls and appointments?

Do you feel this is the right time for you to accept coaching?

Are you willing to do the work and let the coach do the coaching?

Can you keep your word without struggling or self-sabotaging?

Can you give your coach the benefit of the doubt and “try on” new concepts or different ways of doing things?

Are you willing to speak straight (tell what’s really true) to your coach?

If you feel you are not getting what you need or expect from your coach, will you share this as soon as you sense it and ask that you get what you want and need from the relationship?

Are you willing to eliminate or change the self-defeating behaviors that limit your success?

Do you see coaching as a worthwhile investment in your life?

Benefits of Coaching

Working with a coach allows you to:

- Gain new insights and expand possibilities
- Become more balanced in your life
- Become focused on what’s most important to you and what fulfills you
- Achieve goals you’ve never thought possible, both personally and professionally
- Optimize your inner trust, intuition, and self-worth
- Achieve more with an accountability partner

Coaching is a process that allows you to speed forward, especially when you’ve been stuck. By realigning your momentum, your life becomes easier and more peaceful and fulfilling. A coach won’t tell you what to do or give you all the answers. A coach is aimed, non-judgmental, an excellent listener, and helps you to uncover the strategies and steps forward that work best for you. As a client, you handle the commitment to achieve the agreed upon action steps and for your own success.