

Coaching Success Guidelines

This document entails the guidelines governing your sessions.

You can share information about your coaching process, your philosophy, what you expect from the client and what the client can expect from you.



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Coaching Success Guidelines

Client Name:

Date:

The Process

Mindwurk Consulting LLC provides a variety of services that can work together or independently based on your needs. We will complete an initial consultation call before starting with any specific techniques. Please review the “Services” page of our website for more details.

The initial consultation call will be used to discuss your goals, your needs, and your timeline. Please complete the intake form found in the Documents section of the “Contact Us” page at www.mindwurk.com. Once we determine the strategy and approach, we will decide on the length of time (sessions) you will need and schedule the first session when we agree on the terms.

The Difference between Coaching and Therapy

It is the coach’s objective to motivate you and hold you accountable for achieving your goals. From an outside standpoint, a business coach may be able to see areas of concern that you are not able to discern. In that sense, the process raises your awareness of a different way to handle these situations.

This is not “talk therapy”. Coaching for life and success is about finding alternate ways to achieve your ultimate goals. I am not here to give you the answers. I am here to help you put limiting beliefs, stressors, and self-sabotage beliefs behind you so you can change the way you think. It’s all about your mindset.

What is Expected of the Client

The client is expected to attend each session on time and ready to work. You may need to be open to changes in your goals as the coaching process evolves. Coaches are not judgmental but impartial. To that end, coaches will ask the tough questions and expect the tough answers for growth to take place both personally and professionally. Clients maintain the right to decide what topics to cover and to terminate a subject if they don’t want to discuss it further.

What is Expected of the Coach

The coach is expected to listen to the client and their desires and work within that guideline as much as possible. Guidelines will be set down for each session ahead of time so that the client is aware of what behavior will and won’t be tolerated. The goal of each coaching session is to work through setbacks the client may have, clarify goals through exercises and find ways to move forward on goals with the client, i.e. creating action items. The client is expected to hold themselves accountable for what they do and don’t do to make these sessions productive.