Coaching Overview

Coaching is proven to work when there are two factors present:
1. You, as the client are willing to grow, and
2. There is a gap between where you are now where you want to be.

How I Coach Clients

Coaching is a fluid exchange between coach and client. As a trusted listener, I intend to hold space for you as we navigate the topics which you prioritize. I will be present and energized as we explore the topics. I'll introduce and integrate various coaching techniques and tools to help to bring your values and perspectives to life.

I Make Requests

From time to time, I'll make a direct request, e.g. "Will you accomplish X by the end of the month?" You may accept the request, counteroffer or decline (rare). Your choice is the right one for you at the time.

I Value Openness

I'll ask permission if it's okay to make specific suggestions on how to handle a problem or "go-for" an opportunity. Integrity is one of my values--I am straight and expect the same from you. My suggestions and advice are simply ways to brainstorm alternatives and are open for discussion. The ultimate decision is always yours to make.

I Respect Boundaries

When I sense something amiss in your body language, I'll ask you about it. Often, it is these moments that offer the chance to explore a topic more deeply. There is no pressure. Please share your level of comfort with these observations.

I Suggest an Action

I usually ask the client to come up with two or three goals, actions, or breakthroughs to have between one call and the next. If it is too much, say so. If you want more, ask.

I Am Here

Breakthroughs, challenges, or whatever surfaces that is important to you, and you want to share, you are welcome to reach out by email. I will be in touch as soon as feasible. If there are concerns with the coaching process or me, let me know. Feedback is a gift.

Coaching Experience Tips

1. Coaching works best when you have clear objectives. If you are not sure what your objectives should be, this can be discussed during our next session.
2. Get to know yourself NEWLY. With a Coach, don't be surprised if you discover new parts of your "Self" or, if you find your goals adjusting to fit who you really are. This discovery process is natural; you needn't rush it, just realize it will likely happen.
3. I will ask you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that you are unable to right now. By participating fully in the coaching process, you will more easily reach your goals and live an integrated and fulfilled personal and professional life. Be willing to:

   ▪ Be real and unapologetically true to yourself and me, regardless
   ▪ Change your behavior to serve your goal
   ▪ Experiment and try new things
   ▪ Redesign how you spend your time
   ▪ Re-look at the assumptions/decisions you've made

4. Come to the coaching call/session prepared, with an agenda. This will help you get what you want from the call.
5. Keep yourself well between our sessions. Coaching requires energy: emotional, intellectual, and physical. Only you know what this looks like.

Develop a list of *daily habits* that can keep you well. They will and should change over time. Some examples are:

   ▪ Exercise: walk, run, play tennis, do yoga or whatever you enjoy
   ▪ Read or listen to inspiring books or podcasts
   ▪ Listen to great music
   ▪ Eat well: Food is medicine incorporate more vegetables, less fat and sugar.
   ▪ Journal: Capture your thoughts & intentions
   ▪ Schedule time just for you
   ▪ Be early for everything to avoid the tension of rushing
   ▪ Under promise: give yourself the luxury of extra time
   ▪ Handle a completion (i.e., work on finishing something you have started that has been in "limbo")
   ▪ Meditate

Add anything to the list that nurtures you.

Share updates each week. These are tasks, actions, results, or changes that you are telling yourself (and me), that you will do your best to complete before our next session. You must apply yourself and use the action to help you achieve your personal and professional goals.

_____