

COACHING Welcome Pack

ADDaptive Coaching

www.addaptivecoaching.com.au



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WELCOME

Warmest of Welcomes

Thank you for choosing us to assist you on your journey. In the following pages of this welcome pack, you will find out all about our team, all the services and support that we offer, and how the coaching process works.

We endeavour to do our best to make this a a worthwhile experience for you. In the following pages we will discuss in more detail the ins and outs as an introductory guide. Please ask any questions, and most importantly, this is an opportunity to have a bit of fun learning!

So let's get to it.



Tim Ridgeway Coach

An experienced therapeutic practitioner with a lived experience facing the challenges of ADHD, addiction, homelessness, justice interaction and mental health. Experienced in residential and community health centres specialising in Substance Use Disorder and Co-Morbid ADHD. Tim's primary purpose is to work alongside people helping to heal the challenges of disconnection faced by marginalised populations, meet the opportunities of life and empower people to live with freedom and autonomy.

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There are 3 things you are always in total control over:

Your attitude, your choices and your effort

Kylie Francis

What are the benefits of

ACOACH

Improved Clarity

Help You Gain Greater Clarity Around Your Purpose And Passions In Life

Self-Awareness

Help You To Develop Better Self-Awareness

Goal Setting

Help You With Goal-Setting And Making A Plan Of Action To Achieve Them

Problem Solving

Better Equip You To Work Through Solutions To Specific Problems

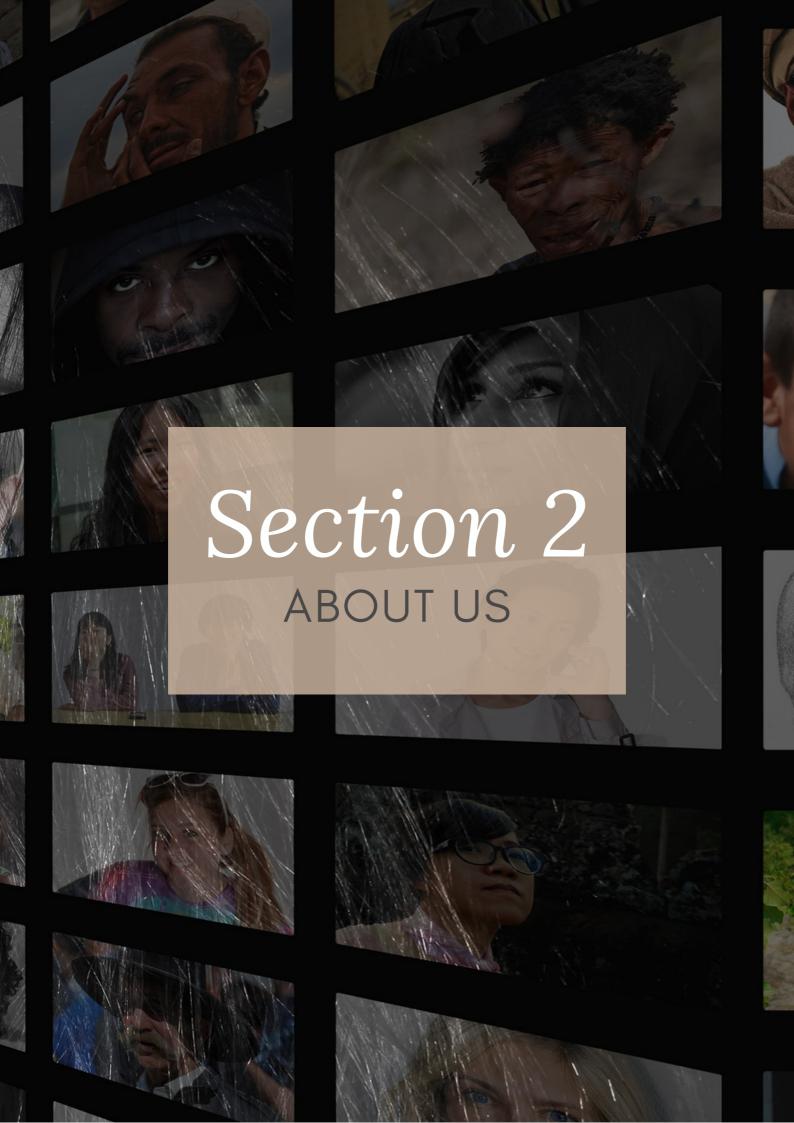
Being Present

Help You To Learn To Engage In Being Present

Keep You Honest

Keep You Honest And Enable You To Re-Evaluate Your Thinking, Assumptions And Beliefs





Getting to

KNOW US

After years of feeling like I was always having to 'fit the mould', never believing my thinking, ideas or efforts were reflected in the outcomes I got, I decided to start work in the social services sector and be the voice of change I know I needed. The drawback to this helped me to see that the problem was not any particular service or system, it was the nature of grouped support services that were never able to help foster my own initiative to create outcomes that I desired. As a coach, facilitator and AOD counsellor, I'm now able to provide a holistic treatment approach that utilises a client's own strengths and desires to support effective change and help them to learn the tools necessary for successful growth. Once you learn these tools, the formula is simple, dream big and repeat the process. At ADDaptive coaching, we use evidence based approaches, give client's choice to select content that they desire, tailored to your needs. We have seen that this can be taken away and becomes the bridge to on-going success.





know how to make it a reality?

ideas, or one idea that sticks out, but don't

Guess what, us too. That was the beginning of the journey. Now, reality is beyond anything we could have hoped for. Old dreams don't cut it, in this new market.

At ADDaptive Coaching, we strive to support you, on your journey to learn, create, dream big and most of all be accountable to yourself. We believe that engagement should be empowering, and encourage you to bring your ideas, your thoughts and your dreams with you, so we can support you to make the wildest, a reality.



How it WORKS

To create a process that is tailored to you, we follow a formula that is based in evidence, and uses effective structure to allow flexible planning.



Intake and Welcome

We utilise an intake process to identify what are your needs, preferences and goals. Our experience tells us that getting to know each other is essential, when we can establish connection early, the outcome is already starting to manifest.

Module selection and information exchange

Choosing from a list of modules is how we create the tailored approach. If there is information that we don't have, we can find it, create a training program and work through it together.

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Coaching

This stage is the bulk of the engagement. We work through the goals, with different strategies, in a way that reflects your needs and supports to help you reach successful outcomes.

Feedback

Feedback is a two way street. Your feedback contributes to our continued growth, so that we get better as you get better. We also have a timeline that we can map your progress to send you away with evidence of achievement and a visual representation of the effort matching the reward. We will collate feedback and do this mapping as a consistent part of the process.

What to EXPECT

We recognise that this can be a daunting journey to set out on. We are committed to being transparent, so to help you here are a few things to expect:



Growth takes time, and for people who are new, mistakes are part of the process.



Our commitment to your success will match yours. Attitude and effort are irreplaceable.



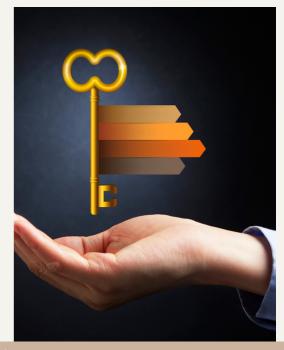
Knowing limitations helps specialising and maximising our opportunities



Flexibility is key, however in order to succeed, we have to commit. Regularity is the foundation of the process.







What We Expect OF YOU

Attend and be on time for each of our sessions

Be present with the coach and free from distraction for our sessions

I will be fully prepared for each coaching session with an agenda of what I would like coaching on

I will ensure my coach knows everything he/she needs to know so he/she can coach me to the best of their ability

I will maintain high expectations for both myself and my coach

I will take my own notes and be responsible for my own learning and take-aways

I will be sure to provide my coach with feedback on what's working for me and what is not

I will inform my coach of any scheduling conflicts more than 48 hours in advance of our next session. I understand that if I cannot do this then my session will be forfeited and pay the associated fee for coaching





What You Can Expect OF US

I will be on time for our sessions together

I will be present with you and free from distraction for our sessions

I will hold what you tell me in complete confidence and abide by the International Coach Federation code of ethics

I will be genuine, kind, honest and direct

I will validate, focus on and believe in your strengths and the best in you at all times

I will be prepared for each coaching session

I will support you in considering new perspectives

I will support your learning and forward your progress

I will consistently focus on your highest agenda for yourself



Services we OFFER

Our team here offer a wide range of coaching services from sessions with one of our coaches, a selection of workshops or webinars, or our downloadable educational material.



Coaching

Specific coaching, focusing on specialty areas in a one to one setting - ADHD coaching, Life Coaching. Recovery Coaching



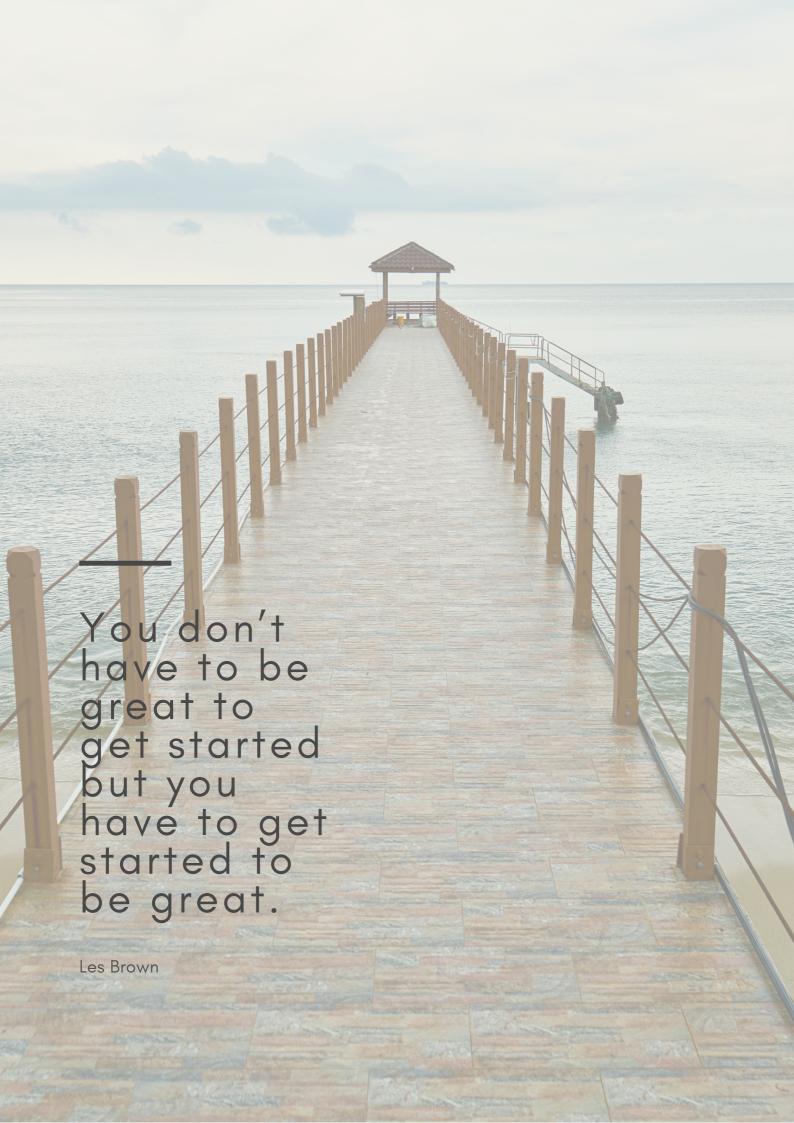
Coaching Workshops

Workshops and facilitation are key to coaching groups on topics. Industry backed facilitators, delivering our own specialised content, or we can deliver content provided by an organisation.



Coaching Webinars

Regular webinars covering content from modules (automatically available for monthly and annual clients).







The Next STEPS



Introductory Videos and Slides
Going through some prepared
coaching effectiveness videos and
slides can prepare you for the journey.

Access downloadable content

Our modules, information on programs and wider reading recommendations are available on our website.

Schedule an appointment

Schedule an appointment with us, and we can get you

Signup for our monthly or annual program

Did you know we offer monthly and annual subscriptions. Get in touch with us, to discuss today!

F.A.Q

How does life coaching work?

The benefit of life coaching is that it focuses on exactly what you want to achieve and helps you get there sooner. The tools and techniques life coaching teaches you will help you become more result-orientated and goal-directed in your goal achievement

How is life coaching different from therapy or counselling?

In simple terms, most forms of therapy, including counselling, focus on 'what has happened'. They are concerned with 'the problem' and with regaining mental balance and perspective. Coaching focuses on what is possible. It is future focused, action oriented and supportive in helping clients move towards their goals.

Where does the life coach focus with an average client?

We focus where the client wants us to focus: Your goals are our goals. Although, we might have some radical suggestions for just how to reach those goals more quickly. Sometimes, in order to be more successful in business, you need to do some personal work. So don't be surprised if you get some personal assessments and quizzes

How long does the coaching process take?

The time frame can vary greatly and depends on a wide range of factors: your goal(s), your commitment and openness to change, your capacity for introspection, your circumstances, how quickly and thoughtfully you complete homework assignments, and other unique factors.

How can I get the best results from working with a Coach?

We recommend you are in a position where you can truly focus and invest in exploring yourself, in order to get the best results. Coaching cannot be seen as a 'quick-fix' – the best results take a thorough approach with focus. Time pressures often negatively impact the person's ability to focus and get the most from the sessions and work.



Contact us

How to get in touch:

Contact us by either email at tridgeway@addaptivecoaching.com.au, or phone us directly on 0455 734 981 to speak to one of our coaches

Our office hours:

09:00 - 17:00 Monday to Friday







