



Getting the Most from Coaching

Coaching is about you as a whole person: your values, goals, work, balance, fulfillment and life purpose. We will design a plan that is specific to your needs and aspirations. I am passionate about supporting you as you extend your reach and step into your boldest vision of yourself and your life.

Hold these items in your mind and heart as we explore what's possible and what's next for you:

- 1) Coaching works best when you have clear objectives and are fully engaged in the process. Please come to the call with an idea of what you want to work on each week.
- 2) Your coaching time is an opportunity to give something valuable to yourself. Honor this by being in a quiet, relaxing, private space where there will be no interruptions and you can devote your full attention to the coaching.
- 3) Get to know yourself NEWLY. Working with a sensitive, intuitive and empathic coach is a healthy way to grow. Most clients hire a coach to accomplish several specific objectives and much of the time, the focus is on these goals. Yet, 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; so you needn't rush it, just realize it will likely happen.
- 4) Double your level of willingness. Part of working with me as your coach is that I will ask a lot of you. I need you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that are asking for a change 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 using the gifts you have and enjoying life as it was meant to be enjoyed. And before this sounds too much like a Hallmark Card (grin!), let me tell you the kinds of things I need for you to be willing to do.

Please be willing to:

- Be committed to living an extraordinary life
- Be responsible for the results of your coaching process
- Be committed to the coaching sessions and taking action each week
- Ask for what you need; if something in the coaching isn't working for you, return the power to the process by telling me what you want more or less of
- Tell the truth; be honest with yourself and me even if it is uncomfortable

You may expect me, as your Coach, to:

- Support and be committed to your vision and goals and to provide structure that supports you in making conscious choices
- Ask you to step beyond your perceived limitations as you bridge the gap between where you are now and where you want to be
- Be an objective listener
- Tell the truth - give you straight feedback. With love and compassion, I will invite you to look at yourself and your choices differently.