

COACHING

What is Coaching?

Coaching is quickly becoming one of the leading tools and strategies that successful people are using in order to enhance their lives further and allow them to lead extraordinary lives. The coaching relationship is a partnership – **an equal relationship** – allowing you room to move yet being accountable so that you can be the kind of person that you would like to be, to achieve the kind of life and work that you would like to have and to achieve the goals that you would like to meet.

What is My Responsibility?

- ★ To clarify and encourage you to set the goals that you really want
- ★ To ask you to do more than you have probably done on your own
- ★ To help you to focus better in order to produce results more quickly
- ★ To provide you with the tools, support and structure to accomplish more

Coaching is not counseling or therapy which tends to focus on the past and look at issues historically nor is it consulting which generally involves coming up with expert opinions and answers. However, coaching does use techniques derived from clinical psychology. **Coaching though is more action-oriented and solution-oriented** and focuses primarily on both the present and future. The "answers" that you are looking for come about through the work done in our joint coaching partnership.

How I Coach Clients?

As your coach, I will ask questions, encourage, advise, challenge, make requests and listen for your "essence" so that you are consistent with who you are in terms of your goals, your values and your vision. **My focus will be upon you and what you want and how you can best get it.** However, the coaching relationship is designed by both of us and may be refined by each of us in the giving and receiving of feedback. Although I am committed to the process, it still remains your personal responsibility to take action (or not take action) as you desire.

Stress less. Listen better. Get your brain, sound and fit.