

# What is coaching?

What is coaching and how will a coach help you?

- Coaches will help you with real-life problems to overcome them
- Coaches will help you be more clear about your aims & objectives
- Coaches will help you map out your route from goal to solution

What not to expect from a coach?

- Your coach will not give you advice
- Your coach will not take ownership
- Your coach will not be your mentor

Who needs a life coach?

- You need a life coach if you don't know how to reach your potential
- You need a life coach if you're stuck and can't see a way out
- You need a life coach if you're feeling aimless or lost in life

Where and when will coaching take place?

- Your coach will arrange regular meetings by telephone or Skype
- Your coach will arrange regular meetings on FaceTime or Skype
- Your coach will arrange regular meetings in person if requested

What can you expect from a good coach?

- Your coach will be honest and direct, be challenging and discreet
- Your coach will ensure you are focussed on your primary goal
- Your coach will be totally committed to achieving your potential

## **Background information.**

Coaches are professional people who help people be professional. You may have a personal issue or a professional problem, you may aspire to achieve something new or ambitious, and you might think you cannot solve that issue, problem or achieve your aim or objective. In fact you may think that resolving or achieving this is just an impossible dream and is beyond your means. That is not so, everyone has the potential to do, be or have, to make your dreams into a reality – hire a coach!

We all deserves the best from life, and you're only here once. Achieving the best is nothing short of what you must do. You owe it to yourself!

**SESSIONS:** Sessions would normally be carried out by phone or Skype, where you are to call me at the pre-arranged time.

Sessions require full disclosure, to be effective, but if you are in any way unhappy about anything that is being discussed don't be afraid to stop the conversation and address this with me; you are in complete control of how your sessions are run.

If you would like to contact with me in-between sessions this can be done by email or text. Either party can request a termination of the sessions if there is a breakdown in the coaching relationship or inadequate commitment to the process.

**FEES:** During my training, there are no fees for the introductory sessions.

**FEEDBACK:** All I ask in return is a testimonial (this can be written, audio or video, or it can be anonymous if preferred) and a comment on how much you would have been willing to pay for the coaching to gauge the value to you of the service. Personal feedback to me on how I have been as a service provider would be very welcome.

**DURATION:** Sessions will last between 45 minutes and 1 hour.

**FREQUENCY:** TBC on a case by case basis.

**CANCELLATIONS:** Any cancellation or re-scheduling should be made 48 hours before the planned appointment.

**CONFIDENTIALITY:** Please be assured that that anything that you share with is confidential, whether business or personal information. I will not, at any time, (unless required to do so by law), either directly or indirectly, use or disclose any information that you share with me during your sessions. For further details regarding this please refer to the Code of Ethics.

**LEGALITIES:**The coach will maintain their professional indemnity insurance and compliance with regard to the Data Protection Act and your details.

**NATURE OF COACHING:** Coaching should in no way to be construed as psychological counselling or any type of therapy. Coaching results are not guaranteed. A client enters into the coaching relationship on the full understanding that they are responsible for creating their own results.