

Coaching Relationship Basics

Coaching is...

a thought-provoking and creative partnership between client and coach which, inspires them to explore and maximize the client's personal and professional potential.

Coaching is not... advice, therapy, or counseling.

Who	<p>My clients tend to be: leaders, executives, professionals, business owners, entrepreneurs, and other high-performers, who want to:</p> <ul style="list-style-type: none"> ● develop, grow and accomplish more ● set meaningful goals and take smart actions ● build a full and integrated life, personally and professionally
What	<p>I work with clients on topics such as:</p> <ul style="list-style-type: none"> ● Leadership Success ● Professional Development ● Personal Effectiveness ● Interpersonal Skills ● Self-Awareness ● Business Growth
Why	<p>Clients hire me in order to:</p> <ul style="list-style-type: none"> ● accomplish something specific, whether personal or professional ● restore focus, integration and quality of life ● contribute purposefully, by developing and sharing their gifts
How	<p>I coach using the following methods:</p> <ul style="list-style-type: none"> ● creating a safe and supportive environment ● being present, listening and asking powerful questions ● sharing information, insights and perspective ● providing structure during and in between sessions ● supporting development by giving specialized instruction ● asking for commitment and accountability
Where	<p>Coaching happens:</p> <ul style="list-style-type: none"> ● during our scheduled coaching conversations ● through emergency and success calls ● when completing homework assignments ● while keeping your commitment to take actions ● during reading and studying related material