

Coaching Services Description

Our coaching service is a powerful and confidential alliance between you and your coach, and is designed to engage you in your life processes, enhance your learning abilities, improve your effectiveness, and help make your life more wonderful for all who come in contact with you!

Our coaching is a process that will:

- Help you discover, clarify, and align your goals with your authentic self
- Encourage you to define and co-create new ways of being
- Help you build new learning pathways
- Help you enhance your personal and career effectiveness

What else is coaching?

- A partnership between you and your coach
- Deep conversation and exploration
- Achievement of clarity
- Action and movement
- Accountability
- Authenticity
- You coming up with solutions
- Asking powerful questions
- Fearless and confidential searching

Who can benefit from coaching?

- People who want help dealing with how to move their life or career forward
- People wanting to become better leaders or to be considered for leadership positions
- Persons wanting help with specific performance issues, problems, or blind spots
- People in transition due to organizational mergers, strategic changes, or downsizing
- People or groups dealing with crisis situations
- Teams wanting to clarify their direction
- People wanting to make career changes

Key Coaching Elements

- Alignment of the coaching process with organizational goals, values, and desired results (Sponsorship)
- A written agreement spelling out clear roles, time frames, fees and the desired outcomes
- Coaching may either an individual or team process
- Agreements on what is to be shared with others
- An extensive initial process to clarify the process, goals, assess needs, and establish trust
- Agreement on obtaining outside input for the client
- Agreement on the number of initial sessions, time lengths of the session, the medium (phone or face-to-face).