

What is Coaching?



Coaching Defined:

Coaching is a jointly designed partnership that supports you, challenges you, and forwards your actions toward the achievement of your goals and visions. Success is individual and respected for being different things to each of us, and this professional relationship allows you to reach greater levels of success...in any and every aspect of your life. Powerful coaching principles and tools are used to empower you and to restore, if previously present, a way to *live* life and embrace opportunities rather than exist or stagnate in any way.

Throughout the coaching commitment, there will be direct and powerful questioning, and may, on occasion, be outside "your comfort zone" in order to create successes and experiences that raise awareness, confidence and capability. You can count on being asked honest and straightforward questions designed to encourage new thought processes, to make inquiries that drive reflection, and to make requests that lead to action and results! Coaching is therefore not advice, therapy, or counseling, rather a partner for offering ideas, guidance and holding you accountable through exercises and assignments that are designed to further your advancement towards your discovered and stated goals. Through coaching you are encouraged to expect:

- Knowing your brand and delivering on it.
- Identifying your inspiration/motivation and comprehending your vision.
- Moving from ideas to goals to doing/achieving.
- Gaining clarity about your values, priorities, and choices.
- Taking action in alignment with your explored and communicated goals.
- Eliminating negative self-talk, procrastination and/or blame.
- Removing the likelihood of poor choices and choose to create healthy habits.
- Maintaining consistent focus to create the success you desire and deserve.
- Owning your outcomes.
- Becoming independent in your thinking and acting for what works for you.



"Partnering to develop, inspire, train & coach."

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