



Welcome to Fox Life Coaching!

Congratulations! You have taken a significant first step to focus on your growth and creating the life you want. Your decision to pursue change through Life Coaching signifies that you are ready to put your time and energy into realizing your goals.

I am a collaborative Life Coach that will provide you support and expertise. My focus is on you and your agenda. My philosophy incorporates the model of keeping it **R.E.A.L.**

**R=Respect**

Respect is essential to any relationship. It is important that Life Coaches respect their clients personal experiences, their current desire for change and the goals and visions they have. It is important that the Life Coach respects the clients perspective and not allow any prejudices into the collaborative environment.

**E=Empathy**

It is important that the Life Coach seeks to understand things from the perspective of the client. It is important that empathy is shown to demonstrate understanding and care.

**A=Active Collaboration**

This is a professional relationship founded in shared power and control. The Life Coach works in the best interest of the client. It is a partnership where the Life Coach supports the efforts of the client to make change and achieve goals.

**L=Listening**

As a rule, once we establish our relationship the Life Coach will spend a much greater percentage of time listening than talking. We will be more successful if the Life Coach talks less and listens more. The Life Coach will have the ability to elicit and encourage the client to talk while the Life Coach will listen with thoughtful presence, undivided attention, patience and curiosity.

In your sessions, we will work in three phases:

**Phase I - Discovery:** You will begin to identify the life you desire and the goals you have for yourself. I will ask many open-ended questions during this process to determine what your goals are, what kind of self-awareness you have and what you want your life to look like. This is likely to be the most challenging phase. My priorities in our first few sessions will be to ask more questions about where you are in your life currently, to determine your **D.A.R.N.**

**D- Desire to Change** (want to, like to, need to, wish to)

**A- Ability to Change** (can you, could you, will you)

**R- Reasons to Change** (why...If... then)

**N- Need to Change** (need to, have to, must you)



**Phase II - Design:** You will begin to create a design to support and achieve your goal and purpose. We will work together to expand your understanding of the variables involved with your design. There will likely be many changes to this plan to best accommodate your end result. In this Phase I will utilize the **G.R.O.W.** model.

**G=Goals**

What exactly do you want to achieve? What are your targets, results and desired outcomes? We will establish and agree to the goals.

**R=Reality**

Once we have a starting point, we can perform a reality check about where we are. The work will not be easy, but you need to feel like the goal is attainable. We need to get a clear description of the current reality, including relationships, attitudes, skill sets and tools available to us. During this step we can find resources that you had not thought of as being potentially helpful.

**O=Options**

Now it's time to start thinking about the options available to make the goals happen. Options start with a big-picture approach and then move into more tactical detail. There can and will be multiple approaches to get to where you want to go. We might even need to use multiple options available to us as we work towards your goals.

**W=Will**

Now that we have a plan of how to get to where you want to be, the big question is whether or not everyone involved has the energy and motivation for the journey. Are you ready? Does the change excite you? Can you overcome the obstacles in the way? Do we need support from others to help you along the way?

**Phase 3 - Delivery:**

This is the final phase of our journey together. It's time to make the change happen! We will monitor progress, make adjustments to your plan and we will work through any challenges that come our way.

To get started I need you to provide some information about yourself. Please complete the attached Client Information form. We will review it at our first meeting together. The more specific and detailed you are, the more equipped I will be to assist you in reaching your goals. The information will be kept confidential and will allow me to understand who you are and how best I can support you.

To the future,

Will