

### Top Ten Benefits of Coaching:

1. Maintain greater focus, clarity and sense of purpose.
2. Define personal and/or professional vision and map out a strategy.
3. Set motivating goals and become more efficient & effective achieving results.
4. Eliminate limiting beliefs and gain new perspectives.
5. Balance professional life with personal values.
6. Increase well-being, resilience, vitality and quality of life.
7. Enhance communication and relationship skills.
8. Reduce stress and live & work with greater ease and joy.
9. Live an empowered life: mentally, physically, emotionally and spiritually.
10. Accountability.

### Coaching goals:

- ❖ Sustainable, long-term excellent performance and results in work and life
- ❖ Greater self-awareness, self-management and self-generating behaviours
- ❖ Positive change, and equanimity with self and life

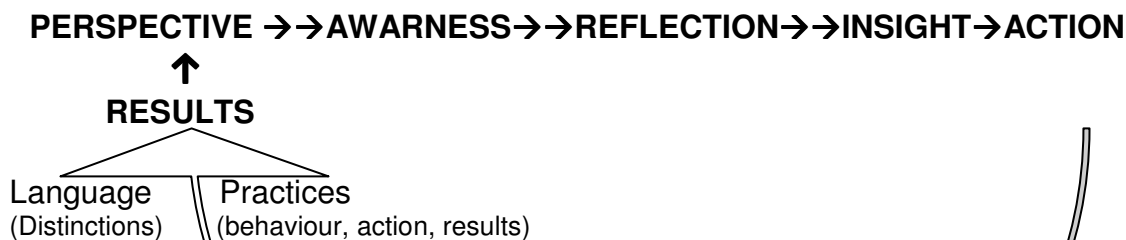
### Elements in a Coaching Relationship:

- ❖ Mutual Respect and Trust
- ❖ Freedom of Expression

### Coaching Premise:

- ❖ Integration of mind, body and spirit to empower the whole person and enable full engagement in work and life.
- ❖ Coaching creates a new perspective and new actions that result in new outcomes that are better aligned with your values, purpose and goals.

### Coaching Model:





## **COACHING PROGRAM OVERVIEW**

### ***SESSION 0: ESTABLISHING AN OPENING FOR COACHING***

- Hear about you and your coaching topic
- Clarify understanding and expectations of coaching
- Establish the coaching relationship
- Describe coaching process
- Review coaching policies, payment plan, and Coaching Agreement
- Set up communication arrangements

### ***SESSION 1: INTAKE – CONNETING WITH THE TOPIC & GOALS***

- Learn about you and your topic, your needs and intentions
- Understand what you hope to accomplish, how you would like to change & why that matters
- Observe your way of being in your topic up to now
- Assess your predominant way of showing up in the world

### ***SESSION 2: OFFER – STRATEGIZING & GETTING STARTED***

- Present my assessment of the way you currently see and handle your coaching topic
- Offer a new distinction: a new way of looking at and relating to the topic
- Offer a proposed coaching program that describes the purpose of the program and its intended outcomes in terms of new behaviours relative to your topic
- Enroll you in the program and establish a shared commitment to it
- Offer the first steps you are invited to take to begin the journey toward success in your topic

### ***SESSION 3: PROGRESSIVE DEVELOPMENT (iterative)***

- You report on observations, experiences and outcomes of practices and exercises
- We address breakdowns and breakthroughs
- We link your experiences and observations to the way you currently relate to the topic and to the new way that you are progressively able to exhibit in day to day life
- We discuss new behaviours and register progress relative to the Coaching program and the intended outcomes
- I offer and we co-create new practices and exercises.

### ***SESSION 4: COMPLETION***

- You report on new practices and results of new behaviours
- We register accomplishments relative to the Coaching Program and the intended outcomes
- We forecast future challenges and possibilities and discuss how to effectively be with both
- I acknowledge your contribution and readiness for completion