



What does a Coaching Session with me look like?

Each session is scheduled for 1-hour either by telephone or in our office.

The coaching session focuses on where you are at with the purpose being to take you to where you want to be. The session is completely focused on helping you get what you desire. This involves dialogue between us with the aim of helping you obtain a fulfilling life.

You will be given a forum to speak freely, safely and as much as you desire. It is by listening to what you are saying or not saying that I will be able to help you establish what is important to you by clarifying your values.

With your input, we will co-create value-based goals and a plan to achieve them. Through collaboration, you will be supported to achieve your goals.

We offer a number of ways in which you can benefit from our coaching services. Please choose the format and frequency that best fit your needs.

Based on our monthly coaching agreement, you will receive four weekly (4) x 60 minute coaching sessions in person or by telephone.

Five (5) minutes will be spent at the start setting your intentions for the session and communicating what you desire to achieve from, and what you are willing to give to the session to ensure you move one step closer to reaching your goal.

Forty-five (45) minutes of each session will be dedicated to facilitating you to reaching your goal.

The remaining ten- minutes (10) of each session will be dedicated to your personal reflection and recharging. This will be accomplished by checking to see how aligned the end results of the session are with your intentions at the start. It is this focused approach on you that will ensure you achieve your desired goals.

I encourage you to commit to setting consistent times for our sessions based on the agreed to frequency. If you're in the US or Canada, I will call you at no extra charge. International clients will need to arrange to call me.