

Fact Sheet

How do I know if coaching is right for me?

Do you feel that currently you aren't reaching your potential and feeling fulfilled?

Is there a gap of where you are now to where you want to be?

Do you sometimes feel you don't have the skills, resources or confidence to get something complete?

Do you feel stuck and put off making decisions or fail to stick to those decisions you have made?

Are you ready to entertain new and fresh ideas?

Are you willing to be accountable for what you desire?

If you answer yes to any of these questions then coaching can most definitely support you to be the best that you can be.

What is Coaching?

Coaching is a tool that is used to empower individuals and help them reach their goals; it is a structured conversation between the Coach and the Client.

During a coaching session your coach will walk by your side to help you to reach your ultimate goal and aspirations. They will listen to you, ask questions, find out what your challenges are and inspire you to reach that end goal. You will be encouraged to make decisions and take responsibility for these decisions.

What coaching is not

Coaching is not about your coach giving you suggestions or advice. They are not mentoring or counselling you.

If you commence a series of coaching sessions and it is deemed that coaching is not the correct support mechanism for you at this moment in time this will be discussed with you directly to find a suitable solution to support your onward journey.

How does coaching work?

Different coaches use different models to structure their sessions. A popular model is the GROW model which is an acronym for the areas explored, Goals, Reality, Options and Way forward. This model keeps you moving forward towards your goal.

Your coach will be asking you questions, listening to your responses, challenging you whilst all the time remaining non-judgemental regarding the details and not offering you any advice.

What will happen during a coaching session?

Coaching is predominantly carried out over the telephone/SKYPE or face to face. The usual procedure is that the client will contact the coach after arranging a convenient time and date.

You will be guided through a 6 point process.

1. Review the previous session and the actions that you completed
2. Set the goal for that session
3. Consider where you are at the present moment with this goal
4. Consider your options in meeting this goal
5. Agree on some actions
6. Summarise the session before completing the session.

The duration of each session can be either 30 or 60 minutes depending on the agreement with the client. The coach will manage the timing of the session and ensure you gain full value from the session.

Who else will know what has been said?

A coaching session is completely confidential. I agree and comply with the Coaching Code of Conduct which you will find attached and only in extreme circumstances will this confidence be breached. This includes the intent to cause harm to yourself or others or criminal acts.

What does the coach need from me during a session?

To make sure that your time is being well spent with your coach you are expected to come to the session fully prepared and with a goal or aspiration in mind that you would like to work towards.

Preparation is very important for the coaching session so you are encouraged to spend 15 minutes prior to the session taking yourself to an environment where you will not be disturbed, with a drink and feeling refreshed to relax prior to the start of the session. You will also need to ensure that you have a pen and paper to hand and any other items that you may think will be useful such as a diary.

I want to start coaching now. What do I do?

You just need to contact me on the particulars below to discuss your requirements in a little more depth and find out how you would like to be coached.

I will send details through regarding the terms and conditions which will include the frequency of our sessions, payment for the sessions and taking of some basic contact information and a little bit of detail around where you see yourself at the moment.

We would organise an 'Intake' session which will start us talking about you and your aspirations. After all this is all about **YOU!**

Drop me an email at eviessen@gmail.com