



COACHING INTRODUCTION

To help you become more familiar and comfortable with my coaching process:

- You set the agenda in the coaching partnership based upon our mutual understanding of your priorities. As your coach, I will hold you accountable.
- My responsibility is to support, motivate, challenge and guide you. Your responsibility is to take the action necessary to make the changes you want in your life.
- I will ask you the tough questions, provide you with focus and structure, support and encourage you through the difficult times. And, I will celebrate your successes with you.
- You will be asked to experiment with fresh approaches and strategies in order to make the changes you desire.
- Issues that are outside the boundaries of the coaching relationship and my expertise should be taken to an appropriate qualified professional.
- Confidentiality is paramount in the coaching relationship and I will not disclose any information about you to anyone unless permission is granted.
- If you choose to discontinue the coaching relationship, a one month notice is appreciated.
- Feedback is gratefully accepted. If you feel there is something I am

doing that is not helpful for you or that I am not doing that would help you, please inform me.

- The Christian faith is my compass for life. My hope is that you will be encouraged in your strengths, and empowered to provide a good work throughout your community (Hebrews 10). My coaching comes from a Biblical perspective, though should not discourage you from receiving my coaching if you do not share the same faith.
- Coaching sessions will last approximately 50 minutes. The more direct and to the point we are in our conversation the more productive our sessions will be.

The goal of my coaching is to create a trusting and dynamic partnership to provoke you in your strengths, helping you from where you are to where you want to be. I will use innovative and practical strategies to help you clarify what you want, explore options, enhance personal accountability and take action so that you can experience a life aligned to your calling.