

Are you ready to invest in yourself?

People often ask me how Leaders, Professionals and Ministers use coaching to enhance their career and personal life. The process is simple yet the work is not. A professional coach has formal coach training to help you: (1) Establish focus in your life and work; (2) Explore how your thinking gets in the way of your results or actions; (3) Create specific, short, action plans to achieve the outcomes you expect of yourself - all without judgment and without telling you what to do. A Masterful Coach asks good, simple questions to help clarify what you're doing – or not doing – to help you reach your goals. If you're willing to tweak yourself or your thinking and you must confront change, then a coaching partnership is for you.

Coaches believe in you - even when you doubt yourself. Coaching is about getting the RESULTS and OUTCOMES you need to accomplish your career, your work and your life goals. The coach partners with you, challenges yet supports you to move you from where you are now to where you need to be as a leader or team member. What you share is confidential as we coaches follow the International Coach Federation Code of Ethics. Some use a coach as an *accountability partner* on a specific assignment; some *create a strategy* for a project or event; and others use a coach to *confidentially change* jobs or anticipating a layoff, merger or life change.

How do we work with a client?

Before we begin coaching, we want to know how you'd like to use a coach. What outcomes or goals do you have in mind? What needs tweaking for you to be more effective at work or in your life and relationships?

When you select a coach, you can expect meet by phone twice a month for approximately 30 or 45 minutes. These are focused conversations so it's important you show up on time and end on time. You will select the focus and tell your coach what outcome you want for each session. Please realize that Rome wasn't built in a day nor will you resolve all your issues in one session. We contract with clients for three months with an option to renew.