

Coaching

Coaching helps people produce extraordinary results in their lives, careers, business, or organizations. Through the process of coaching, you will deepen your learning, improve your performance, and enhance the quality of your life.

Individual Coaching:

- 3 coaching sessions per month by phone (60 minutes per session)
- unlimited email support
- spot coaching between sessions (5 or 10 minutes by phone as needed)
- assessments and tools for personal and professional growth and development

\$500 per month

Sign up for a [free trial coaching session](#) [link here to free session] for people seriously interested and want to take coaching for a “test drive.”

What is coaching?

Simply put, coaching bridges the gap between where someone is today and where they want to be in the future.

It's not training. It's not consulting. And it's definitely not therapy. Rather, coaching helps individuals achieve specific business and personal goals through a collaborative approach and customized solutions. The work is designed to ensure lasting change and promote continuous growth.

My membership in and certification from the [International Coaches Federation \(ICF\)](#) (link the underlined text to www.coachfederation.org) are your assurance of the highest standards of conduct and service. I adhere to the [ICF's Ethical Guidelines and Standards of Conduct](#).

How does it work?

A coach is your partner and advocate - someone who is 100% focused on you and your career, business or personal success. Your coach asks you powerful and insightful questions in order to: clarify your goals, remove the obstacles to what you really want, and design a plan of action to reach your desired goals. You set the agenda and your coach gives you the tools, structure, and consistent, objective feedback to keep you on track. Weekly assignments that you agree to keep you moving forward.

Value of coaching

- **Coaching is an investment in yourself.** Like all investments, it requires time and money. Expect a lot out of your investment by remaining focused and taking action- don't rely on the coach to do it for you.
- **Focus on the goals you set for yourself.** Begin with 3 for the first 90 days, then set mid-range goals that stretch you and have a longer timeline. Finally, set BHAGs (Big Hairy Audacious Goals!) that will keep your vision alive and keep you motivated.

- **Develop healthy habits that become second nature.** You will begin to take better care of yourself, treat others kinder and develop a strong personal foundation.
- **Enter into a flow of life.** After about 6 months of coaching, you will notice that you are attracting new opportunities effortlessly, you are accomplishing more in less time, and you will feel as if you are being pulled in the direction of your vision (dream).