



## **Coaching Overview**

Coaching is an experience of personal and professional development that holds a client as naturally creative, resourceful and whole, and completely capable of finding their own answers to whatever challenges they face. My job is to ask powerful questions, listen and empower to elicit the skills and creativity a client already possesses, and offer tools and techniques to support the client's journey.

### **The Power of Coaching**

The coach's primary attention is on amplifying the client's wisdom, thought processes, and directed action toward the future, based on the client's self-identified agenda around career goals and/or other transitions. A supportive and non-judgmental environment is created in which to inquire, challenge, and stimulate critical thinking and new ways of being, thinking, communicating, and acting, often resulting in new behaviors applicable to the client's chosen focus and, by extension, whole life.

In contrast to therapy which tends to emphasize analysis and correcting a diagnosed 'problem,' coaching is based on the assumption that client is already whole and maintains an action and future orientation.

Unlike 'consulting,' coaching is founded on the idea that the client is the expert on their own situation. The coach's job is to support the client in developing powerful actions rather than supplying a strategy based on the coach's experience.

### **What to Expect**

Each session consists of 55 minutes of coaching, and most clients meet biweekly. In addition to the coaching sessions, coaching includes interim counsel and check-ins.

During a coaching session, clients will come prepared with a topic to work on and leave with concrete action steps and homework from each coaching conversation. The coaching itself draws on various modalities that include visualization and embodiment techniques, incorporates behavioral strategies and action plans, and helps clients identify road blocks and barriers to success.

### **Who Can Benefit From Coaching**

Coaching is most impactful for Individuals in the working world stepping into new positions, looking to hone communication skills, high-functioning leaders craving balance, creatives looking to take their careers to the next level and vision what's next, anyone ready to connect with a deeper sense of presence and clarity in their work, communication, and life.