



How I COACH

Because each Professional Coach has his or her own style of coaching clients, I thought that you would be interested in knowing how I coach, what I expect of my clients and what my clients can expect of me.

My Clients are Great

I choose my clients and my clients choose me. I want and enjoy each one of them. They are all already growing, successful and well in their lives. I am assisting them to further their personal and professional lives.

I Expect Your Best

If you are hiring me, then you're ready to do and be your best. And if you aren't doing your best, I'll ask you to. If you can't do it at that moment, I'll understand and do whatever it takes to coach you to be that.

I Make Direct Requests

From time to time, I'll make a direct request, like "Will you accomplish X by the end of the month?" You may accept the request, counteroffer (adapt it & say what you will do), or decline (rare). Whatever you choose, I'll support it.

I Give Straight Advice

If I am sure of the situation, and you're open to it, I'll make specific suggestions on how to handle a problem or "go-for" an opportunity. If I am not sure, I'll say so. Regardless, use the best of what I say and use your own judgment.

I Do Not Step Over Much

When I hear a funny tone in your voice, or hear you say something that isn't in line with your goals and commitments, I'll ask you about it. I don't confront; I merely invite you to look at something. Often, it is these small moments that offer the biggest opportunity to resolve something.

I Give Fieldwork

I usually ask that the client come up with 3 goals, actions, or breakthroughs to have between calls. If it is too much, say so. If you want more, just ask.

You are Expected to Use Me

As your coach, I am a resource for you to use to your best advantage: I have an almost unlimited amount of love, compassion, directness, focus, forgiveness, and strength for you. I can share a wealth of distinctions and principles, which will increase your success and add to the quality of your life. And, I ask that my clients use me as the resource that I am.

I am Here

I want to hear it all. If you have issues, concerns or are upset with something (even me or the coaching), are just starting to realize something big, can't wait to share a breakthrough, call me. Anytime.

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Certified Life Coach