



## About the Coaching Process

**“Coaching is partnering with clients in a thought-provoking and creative dialogue that inspires them to maximize their personal and professional potential.”**

*~The International Coach Federation*

### Why is partnering with a coach such a good idea?

Your coach brings:

- ★ **Experience and expertise** both on the content of the conversation (career and/or retirement planning) and the process of how to mobilize your will and expertise.
- ★ **Skills** in listening and discerning what is important.
- ★ **Know-how** of planning and implementation.
- ★ **Specific advice**, when needed.
- ★ **Partnership** by giving support, encouragement, compassion, and challenge.
- ★ **Structure** through weekly meetings that give you a place to report your progress and difficulties.
- ★ **Synergy**, that extra magic that happens when two people relate in a meaningful way.
- ★ **Confidence** always in your ability to create the life you want.

As your coach I will want a lot for you: health, happiness, good relationships, a job you love and a positive financial picture.

In addition to achieving your goals, you will come away from the coaching experience with increased awareness of your capabilities and who you are. You will also be better able, prepared and skilled to manage your future goals and life changes.

### How do we work together?

During our entire time together you will stay in charge of how we progress. After an initial mutual understanding of your goals and desired outcomes, you will determine what you want to focus on during each meeting. I will help you to decide on action steps that you will then make happen to the best of your ability.

Be prepared to be challenged to assess specific areas of your life, career or business. I ask that you be willing to 1) tell me your thoughts and feelings and 2) listen and be open to exploring new avenues. We are mutually responsible for our relationship and both of us can end our engagement after a thorough examination of why that makes sense.

### **How is coaching structured?**

Coaching schedules vary. If the Nashua, NH area is local to you, you can meet with me in person for our first extended meeting. We will schedule the first session at the office, then move to weekly 30-minute phone calls. My non-local clients work solely over the phone, starting with a longer intake session as well. (Most of my clients are amazed how effective and convenient telephone coaching is for their busy lives and schedules.)

New clients start with a commitment of three months of coaching. Experience has shown that it usually takes that long to move from reflections – to a clear goal – to implementation. You can then sign up for another three months, or go on a monthly payment rhythm. A more intensive call schedule can also be arranged.

Coaching fees are paid before the first session of each month. Flexible payment options are available. If you really want to do the work and have a plan that works for both of us, I am sure we can work it out. Please call me to discuss your interest. I am always open for such a discussion.

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