



Coaching with the Flo

Unleash Your Full Potential

## What is Coaching?

People come to coaching for many reasons, however, the bottom line is CHANGE.

- Coaching is a relationship between your coach and YOU
- Coaching is 100% Confidential & non judgemental (both ways)

Coaching will allow you to :

- Clarify YOUR Values
- Enlarge YOUR Vision
- Establish YOUR Goals
- Define and Rearrange YOUR Priorities
- Develop YOUR Action Plan(s)
- Chart YOUR Course to Personal Fulfillment
- Breakthrough YOUR Barriers
- Defeat YOUR Bullies
- Achieve YOUR Dreams

### My engagement as a coach:

I will support you during your journey to go from good to great, it's all about helping you to succeed. I will listen carefully, ask powerful questions, help you to create new perspective and offer insight during our weekly sessions.

From these sessions, you will discover what keeps you from being successful and develop plans to help remove or best avoid those obstacles. I will help you to develop a specific action plan, stay on track, create tools for success, encourage and empower you, and help unlock the greatness in you.

## What Coaching is NOT?

- Coaching is NOT advice / counselling / therapy or psychology
- Coaching is in the “How”, therapy in the “Why”
- Coaching is focused on your strengths not weakness
- Coaching is focused on the future not the past

## **What We Might Talk About During a Session**

Below are some ideas:

### **How you are ?**

How you are feeling about yourself? Current projects? Other things?

How your week or year is going?

How you are looking at your life?

### **What has happened since the last call?**

What has occurred to you since the last call?

The problems or challenges you've faced?

The successes you have had

Shifts, wins and insights

Any new choices or decisions made?

Personal news

### **What you are working on?**

Progress report on your personal goals

What have you done that you are proud of ?

What are you having difficulty with?

### **How I can help?**

Where are you stuck?

What are you wondering about?

What situations are the most difficult?

What are you unwilling to change?

A plan of action

A strategy or advice

### **What is next?**

How far have you come?

What would be an ideal or logical next step?

What will keep you on track?

What have you learned about yourself?

What will motivate you to keep going, change your behaviour, or try something new?