



Welcome. Thank you for considering Blue Kollar Coaching as your coaching partner. I am excited for the opportunity to get to know you and work with you. My approach to coaching is collaborative meaning we have a shared responsibility in the outcome. Ultimately, coaching aims to empower individuals to move from awareness to action. I'm excited to partner with you and help you achieve your goals.

My primary objective throughout the engagement will be to support you and your goals. We will take advantage of tools, models, techniques, and assessments to explore what is possible. The focus of our engagement will be coaching you to help you discover what works for you. Our sessions will be high impact, efficient, and results driven. I will help you think of things in new ways, see things in new ways, focus your thoughts, and make decisions to reach your goals.

It is important to know that coaching is not a counseling, therapy or psychotherapy service. A coach is not there to give a client answers or direct their path, rather a coach is there to ask questions. Coaching is about helping you find a solution that is right for you. Accordingly, coaching sessions are centered around dialog. Your contributions will be why this engagement ends successfully. You will find that you will get out of the engagement, what you are willing to put in.

Coaching is confidential. Nothing said in the coaching session will be shared outside of the coaching relationship. The only exception is if you indicate that you will or wish to do harm to yourself or others or that you are doing something illegal.

A Service Agreement will identify the terms of the engagement. At the beginning of each session, we will agree on the expectations of the session. The Service Agreement will include a meeting schedule. With this agreement comes my commitment to your success and as such, will prepare for each meeting and be supportive. Most importantly, I will be open, honest, respectful, and professional.

Each session will be no longer than sixty minutes in length or less. Together we will create a safe environment where our dialog will be open and honest. As the engagement moves towards closure, we will review our progress, our successes, and ensure you have actionable steps to move forward after the engagement.

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