



Welcome. I am glad that you are open to coaching as part of your professional growth and leader development. I am excited to help you down that path. 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 our engagement will be to support you and your goals. We will take advantage of learning moments whether from educational tools or experiences. 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 achieve results. 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.

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 coaching agreement will identify my responsibilities as the coach and responsibilities that will help you get the most out of this engagement. It will include a meeting schedule. The agreement outlines my commitment to your success and that I 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 agree on the topic for each session and set goals to achieve. We will create a safe environment where our dialog will be open and honest. As the session concludes, we will review our progress, accountable items, and consider where to start the next meeting.

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