



Conscious Delta

## Thoughts about Coaching

I have prepared the following material to help you understand how the Coaching relationship works:

**Coaching** is proven to work when there are two factors present:

- 1) You, as the client are willing to grow, and
- 2) There is a gap between where you are now and where you want to be.

That is all that is necessary for the Coach and the Client to solve problems, create a new life, turn a business around, and/or design and implement a plan of action.

**With me as your Coach, you will:**

Take BETTER and SMARTER actions because you set the goals you really want. Finding out exactly what you really want for yourself is our first task together. I help you to distinguish between what you 'should' be/want from what you, in your heart of hearts, really want for yourself. Once you create the ideal goal, you're much more likely to naturally and consistently take actions to reach it.

**Reach for More, Much More:**

And not be consumed in the process. When anyone has a partner they trust, they will always reach for much more because they can afford to. That's what I am to you.

**Make Better Decisions for Yourself:**

Your focus will be clear. Every single client of mine is smart, but not always focused. I will help you become focused as you share ideas with me - someone who understands you, and is subjective enough to want much for you, yet objective enough not to be biased or self-serving.

**Have a More Sustainable Energy:**

No more starting and stopping. When you're happy, productive and free from "tolerations" and problems, you're going to feel better!!!



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### How I Coach Clients

Because each Professional Coach has his or her own style of coaching their 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.

### I Expect Your Best

If you are hiring me, then you're probably ready to do and be your best. If you are having a challenge with doing your best I will look at what is in the way, and then help you to get back on to your path.

### 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, counter-offer (say what you can do) or decline (rare). Your choice is the right one for you at the time.

### I Speak The Truth

I'll ask at times if it's okay to make specific suggestions on how to handle a problem or "go-for" an opportunity. Honesty is one of my values--I am straight and expect the same from you. My suggestions and/or advice are simply ways to brainstorm alternatives and as always are open for discussion. The ultimate decision is always yours to make.

### I Don't Step Over Much

When I hear a funny tone in your voice, or notice something amiss, I'll ask you about it. Often, it is these small moments that offer the chance to resolve something. However, I don't confront or push; I'll merely invite you to look at something.

### I Give Homework

I usually ask that the client come up with two or three goals, actions or breakthroughs to have between one call and the next. If it is too much, say so. If you want more, just ask.

### I Am Here

I want to hear it all. If you have a personal problem, are upset with something (even the coaching process or me), are just starting to realize something big, want to share a breakthrough, call or e-mail me. I will be in touch as soon as I can be.