

HEART TO HEART LIFE COACHING LLC

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The coaching process is designed to help you achieve your goals with support and guidance. It's client driven and coach supported. And most of all "Change" is the most important part of coaching.

What You Can Expect from Your Coach

- Your coach will listen carefully as to what you have to say and ask challenging and difficult questions.
- Your coach will reflect/mirror back to you and sometimes offer different perspectives.
- Your coach will provide structure and hold you accountable for what you want to achieve.
- Your coach will expand your view of what is possible and promote discovery of new insights.
- Your coach will be willing to stretch you and challenge you beyond your current comfort zone.
- Your coach will assist you in setting realistic goals, establishing your own solutions and planning strategies.
- Your coach will encourage you to take action in key areas, initiate resolving problems and learning skills to accomplish your goals.
- Your coach will trust you to make your own decisions.
- Your coach will give you input, straight feedback and operate as a sounding board.
- Your coach will return e-mails within 24-48 hours.
- Everything we discuss will be confidential permitted by law.
- Your coach will be your encourager and remember, your coach will always be in your corner with your best interest and your agenda at heart.

What I Do Not Do as Your Coach

- Your coach will not do your work for you.
- Your coach will not judge you.
- Your coach will not give you legal or financial advice but sometimes can give you a referral.
- Your coach will not take responsibility for your actions, choices and decisions.

What Your Coach Expects from You as the Client

- Call or show up to your appointment on time because we will end on the scheduled time.
- For Phone/Skype appointments, you are responsible for making the call to the coach at the time of your appointment.
- Be completely truthful with your coach and with yourself.
- Be prepared for your coaching session.
- Let your coach know if something isn't working for you.
- Be committed to your own goals and visions.
- Agree to any homework or fieldwork before your next session.
- Phone coaching sessions should take place in a quiet environment with no distractions.
- Send in your Pre-Coaching Session Form to your coach at least 48 hours in advance.
- Be open to hearing your coach's feedback and let your coach know whether it fits.
- Experiment with new approaches and practice new behaviors.
- Have fun and enjoy the process!