



How I Work with You – The 1-4-All Approach

A portion of our work together is discovering and acknowledging WHO you really are.

Most people don't come to a coach to find out who they really are or have it acknowledged, but it is one of the most powerful aspects of coaching and is the missing link for so many. Many people never take the time to find this out and live a life and/or career that has the outside world deciding how this should look versus letting their inside world determine this. They often wind up living a life that is incongruent with who they really are and it reflects in what they are doing and how they are going about getting there. For those who have taken the time and do feel they are connected with who they really are, acknowledgement and a firm knowing of that can help you leverage the best parts of yourself to have more of what you truly want.

Together we unearth what you really want.

In the coaching relationship we look for gaps. Where you are today and where you want to be. Sometimes it is difficult to articulate where one wants to be or what they want to do and this seems to elude them more than anything. I'll work with you to unearth your ideal situation and create a strong, clear and concise intention that will pull you forward.

Once you identify what you want we strategize on how to get it.

When we begin to determine what you really want and it is in alignment with who you really are, we work together to brainstorm and strategize ways to get there. I coach you to identify and create resources along the way. I will also empower you to get there by fully believing in and standing for you and what you are up to. I will also work with you to overcome the challenges and obstacles along the way.

What makes all this work?

- Powerful questions that make you think about things you may have never thought about and perhaps no one else ever asked.
- A genuine belief in YOU.
- No agenda on my part except to fully support you.
- My gift of a keen perception to "hear between the lines" of what is not being said or to hear things you may not be aware that you are saying. This I promptly bring to your attention.
- A consistent mirroring of what you are saying back to you so that you can hear yourself from the outside in.
- Challenging you to stretch beyond what you would ask of yourself.
- A knowing that someone is "there" for you as a partner.
- Strategizing with you to get "un-stuck" and work through challenges, fears and problems.
- Helping you to see potentially limiting beliefs that might be keeping you from moving forward.

What to Expect

What you can expect from me:

- That we will have fun and look for ways to make your progress effortless and joyful – not add to your plate.
- That our coaching relationship and what we talk about will be completely confidential and held in the strictest confidence.
- That you have a completely safe place to be yourself (however that looks on any given day) in our relationship.
- That I will be deeply honest and forthright in what I say to you and how I am with you.
- That we will always be looking for ways to “clear the decks” in your life, work and relationships by simplifying and getting rid of the things that are taking up your energy and space... the same energy and space you will need to have ready, when you want it to show up.
- That our coaching time is YOURS, not mine. This is all about YOU. I will work with you on how to best use me as a powerful instrument for moving forward and having what you want in life.

What I Expect From You:

- That you come to our scheduled calls on time or call me in advance if you cannot make it.
- That you come to our appointment fully aware of your progress, your challenges, and your agenda for our time together.
- Be forthright and timely if something is not working for you on a call or in the coaching relationship.
- That you honor our financial agreements in a timely fashion.
- That you open your mind to new possibilities in vision and in action.
- That you are ready to take action when appropriate.
- That you tell me what to ask of you if I am not already doing so.
- That you tell me how I can best acknowledge and encourage you in a way that inspires and empowers you.
- That you tell me what’s really not being handled or is holding you back.