

how I coach clients

Because each Professional Coach has his or her own style of coaching clients, I thought that you would be interested in knowing how I, as an internationally recognised Master Certified Coach, what I expect of my clients and what my clients expect of me.

my clients are great

I am privileged to choose my clients; each of them is great and I enjoy them. They are all growing, successful and well and I am assisting them to further their professional and personal lives. All my clients are creative, resourceful and whole.

I am a facilitator of action

I don't want you to sit passively by and just accept coaching. I want you to become an active participant in the coaching process. I give support, ideas, challenges, accountability, possibility and compassion. You take full responsibility for creating your own results.

I expect your best

If you are hiring me, then you're probably ready to do and be your best. And if you aren't doing your best, I'll ask you to. If you can't do that at the moment, I'll understand and do what you need to be heard and helped back into the groove.

I make direct requests

From time to time, I'll make a direct request such as "*Will you accomplish X by the end of the month?*" You may accept the request, counteroffer (like say what you can do) or decline (rare). I'll make you right whichever way you respond.

I give straight answers

If I am sure of the situation, and you are open to it, I'll make specific suggestions on how to handle a problem or 'go-for' an opportunity. If I am not sure, I'll say so. Honesty is one of my needs - I am straight and expect the same from you. Regardless, use the best of what I say and use your own judgement.

I don't step over much

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

I give lots of homework (Action Items)

I usually ask that the client come up with at least 3 actions, breakthroughs, or goals to have between each session. Often I give more. If it is too much, say so.

you are expected to use me, not depend on me

As your coach, I am a resource and presence for you to use to your best advantage. I ask that my clients use me as this resource and friend that I am, but not to let themselves get into the position of needing me (or the coaching) as a dependency.

I am here

I want to hear it all. If you have a personal problem, are upset with something (even me or the coaching), are just starting to realise something big, can't wait to share a breakthrough, do let me know. I am here for you. I love to celebrate!