

Why choose me as your Coach?

Because I will challenge, support and inspire you, and most importantly get you to take consistent actions. You won't be told what to do. My skill and experience lies in bringing out your own answers, insights, thoughts and ideas for success in your life and work. Coaching with me will help you to:

- **Develop a Solid "Game Plan":** Life and work is a game and it needs to be approached in a light-hearted and playful way. When we play and experiment, it's easier to clarify things. Rather than make this heavy, hard work, let it be fun.
- **Be Outrageous:** In other words we'll push the boundaries that you've previously set for yourself. You'll dream bigger and identify greater opportunities for yourself. If you want to stay in the status quo, then this Coaching isn't for you. But if you're ready to shake up the way you've done things before, then work with me and be challenged outrageously.
- **Identify and Maximise Your Ideas and Opportunities:** If you don't currently see ideas and opportunities or you're not applying them effectively, by the time you've worked with me, you'll do and see otherwise. You'll have a sounding board to bounce around your thoughts and ideas with, ready to bring to fruition.
- **Get Clarity:** The busy pace of life and work today, with too many choices can leave you confused, overwhelmed and stuck. When you have clarity you'll be focused, energetic, passionate, and generate better solutions.
- **Understand You & Your Desires:** Discover and understand who you truly are and stop searching outside of yourself for fulfilment and meaning. Identify and clarify what you most want your life and work to be.
- **Set Practical Goals:** You'll identify what you want from your life and work that will bring you personal and financial rewards, then move quickly towards it.
- **Be Challenged & Creative:** If challenge is missing from what you're currently doing, this can leave you feeling stuck and unfulfilled. Tap into your creativity, passions and strengths and look forward to each new day.
- **Stay Focused and Keep On Track:** You'll be provided with accountability and structure that keeps you focused and taking lots of consistent inspired actions. These actions are essential for the changes you want to make. Action will provide you with the individual learning that you need to succeed.

How I Coach My Clients

Because each professional Coach has his or own style of Coaching, I thought you might be interested in knowing about the ways in which I Coach my Clients, and what I expect of you (my Client) and what you can expect of me as your Coach.

- **I request 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 will ask you to. Sometimes we have to be reminded of what we are capable of and just how good we really can be ... that's where I come in.
- **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 or decline. It is your choice and there is no wrong answer on this one.
- **I give straight advice.** If I am sure of the situation, and you are open to it, I'll make specific suggestions on ways to handle a problem or capitalise on an opportunity. If I am not sure, I'll say so. Honesty is one of my highest values and it is important that we both speak authentically and say what is so for us.
- **I step over little.** When I hear a funny tone in your voice, or notice something amiss, I'll ask you about it. Often, it is these moments which offer the chance to resolve something or bring something out into the open. However, I will refrain from confronting or pushing, and will merely invite you to look at something.
- **I give lots of homework.** Since much of what we do will involve action, I usually ask my Clients to come up with two or three goals, actions or breakthroughs to have between one Coaching session and the next. If it is too much, just say so. Likewise, if you want more.
- **I am here.** You can feel safe in your communication with me in that you can tell me anything and everything that is going on for you. If you have a personal problem, are upset with something (even me or the Coaching) or can't wait to share a win or breakthrough, call me.

There are also some 'givens' that you can expect from me as your Coach:

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- **Confidentiality:** I will not disclose anything about you whatsoever to any third party unless you explicitly request me to or I have obtained your permission.
- **Respect:** I respect your right to whatever views, beliefs or opinions you hold to be true for you.
- **Recognition:** I will always do my best to understand your perspective of any situation and acknowledge the validity of your perspective.
- **Honesty:** I will always deal honestly and openly with you.
- **Professionalism:** I will always aim to perform at my highest level when working with you and to be as effective as I can be.

- **Support:** Coaching is a supporting relationship. I am concerned with you and your objectives for yourself. I commit to always trying to find the best way to offer you more options, never less.