



Coaching Expectations

- Complete any *Coaching Forms* **before** the initial meeting and provide copies to your coach.
- Agree to stick with coaching for a minimum of three months. If something isn't working, let me know!
- All Client services are by appointment only. Coaching appointment times are reserved for YOU. You are requested to arrive on time. If you cannot attend a session, please leave a text, voice mail, e-mail message for me in advance of the session. 24 hour notice is required except in cases of actual illness or emergency.
- Clients are requested to send e-mail or text message accountability updates to the coach.
- Coaching is a comprehensive process that may involve all areas of your life, including work, finances, health, relationships, education, and recreation. It is your responsibility to decide how to handle these issues, to incorporate coaching into those areas, and to implement your choices.
- For all Zoom coaching sessions, please find a place where you can hear and be heard. Be sure that you have a place where you can open your calendar, take notes and focus on the content of the call.
- Give feedback in the moment about your coaching experience – what works, as well as what does not.

Ways You Can Get More From Your Coaching Experience

- Make our coaching sessions a priority. Come to every call with a specific agenda – a clear understanding of what you'd like to take away from the session.
- Do your own work between sessions. Use what you learn. Complete what you agree to do.
- Be open-minded. Try new approaches. Experiment.
 - Be willing to try something new and make mistakes
 - Even individuals at the top of their game practice. We won't really know if something works if you don't swing the bat. We are notorious for finding excuses to not swing the bat. Let go of criticism of each swing.
 - Be willing to change your beliefs and patterns if they do not serve you anymore



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- Show up completely. Do not waste energy evading
 - It is human nature to want to “look” good. Do not try to impress me as your coach – it’s a waste of energy. Embarrassment just gets in the way of good learning. As a coach I do not judge so no need to be embarrassed. Trade shame and embarrassment for curiosity.
- Make space for coaching.
 - This is not something just to tack on to everything else. Making space means making time. Be sure you have the time, energy and resources to commit to this endeavor.
- Be generous (open up vs. tighten down). Give yourself a big break. You are entering a phase of “acute awareness”. Send the critic on vacation.
- Learn about your ADD, Increase awareness (leads to change)
- Don’t just show up for coaching sessions. Show up through the week. The best coaching occurs between the scheduled calls. Engage the takeaways from the coaching session and have the experience you committed to.
- Agree to establish self care (exercise, sleep, nutrition)
- Embrace the process. There is no magic pill. Every task or action is a process. Personal growth and skill development is a process too. Turn your attention to the present moment, the present opportunity, the present struggle.
- Be willing to plan and review. Keep it lean and mean. Do just enough to remind yourself of your intentions. Don’t worry about spending too much time here. A little planning goes a long way.