

YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

What is a Coach?

A Coach is someone who helps you:

- 🏠 See that you have much to contribute.
- 🏠 Look at your life as a hero's journey.
- 🏠 Discover what holds meaning and purpose for you.
- 🏠 Identify your core strengths and values.
- 🏠 Create goals that come alive with meaning and excitement.
- 🏠 Reach your goals with clarity, focus, ease, and grace.

It's important for you to know what a Coach is not:

A Coach is not a legal counselor; however, they can help you clarify whether or not to seek legal counsel. A Coach is not a medical person although they may help you clarify whether or not you need to seek medical advice to meet your goals. A Coach is not a therapist; however, they will support you in seeing if you might visit a mental health professional. A Coach is not a physical trainer, but might help you clarify if you need to consult with a physical trainer to bring your body up to peak playing capacity. A Coach is not a financial advisor, but is someone who can help you see whether or not a financial advisor would help to improve your relationship with money.

The Coach's Role:

- 🏠 To create a powerful partnership with you.
- 🏠 To help you gain clarity and focus about what you want and how to take action to do it.
- 🏠 To be a person in your corner to support you throughout this Coaching experience.
- 🏠 To help you develop strategies and solutions that move you through obstacles toward meaningful goals that reflect your most valued intentions.
- 🏠 To create structure and certainty in the process, as well as confidentiality, safety, and respect.
- 🏠 To keep the agreements of the contract.

In the model we will be using, the Coach is not the expert. You are! The Coach does not presume to know everything that you need to do, or how to run your life, or know all your answers.

The Client's Role:

- 🏠 To be authentic.
- 🏠 To be a willing partner with your Coach.
- 🏠 To be willing to look, see, tell the truth, learn, and take authentic action to meet your goals.
- 🏠 To produce the results you want with the support of your Coach.
- 🏠 To keep the agreements of the Coaching contract.

Reflection:

What are you willing to do to be successful in this Coaching relationship?

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