

Getting Started – What is Coaching?

– Helping you better understand the coaching process –

- Coaching is a partnership between your coach and you that is all about your agenda and your priorities for the coaching.
- Coaching is not the same as counselling, mentoring, or consulting
 - Counselling is more about tapping into the past to heal current pain that is rooted their past. Counsellors need specialised training that coaches do not possess for this
 - Mentoring is about learning from someone who is more senior or experienced in some area, and tends to be focused on advice giving from the mentor to the client
 - Consultants are subject matter experts who aim to solve your problems. A Doctor is an example of this
 - Coaches are experts in the process of coaching, not in th e subject matter of your issues, concerns and goals.
- The coach’s responsibility is to support, motivate, challenge and to guide you to the choices that you decide are best for you
- Your responsibility is to take the actions necessary to make the changes you want in your life
- You will be asked difficult questions and will be asked to experiment with fresh thinking and approaches in order to make the changes you desire
- Issues that may arise that are outside of the scope of coaching should be taken to an appropriate qualified professional in that field
- Your confidentiality is highly important to your coach. Information will not be disclosed unless permission is granted by you or required by law
- There are a few rules around providing adequate notice and completion of forms, but in general the coaching is your time to bring about the changes you seek. If anything is not working for you, your feedback will be needed to adapt the coaching to your needs
- My Christian faith underpins my coaching. However, my coaching will only include a Christian perspective to the degree that you are comfortable, and I will never apply pressure to change your own beliefs
- Coaching sessions will last approximately 45 minutes each session.

We aim to make coaching with us transformational for your life through creating a trusting and productive partnership that supports you towards your goals. It will be practical, goal orientated, innovative and encouraging in a way that is safe and fun.