

dr. liz



How the Coaching Process Works

Is my information confidential? How do I know if I have a good coach? How do I know if I am being coached or is this person simply telling me what to do?

Coaching is a step-by-step process.

Firstly we identify what you want to accomplish and what you've tried before.

Next we get very, very clear on what it is you do want.

Then we craft an action plan and partner together at a pace that's right for you.

Most of the time I will be asking questions of inquiry to really get you thinking.

If you get stuck I might make a suggestion to move you forward or to consider another perspective.

At its core, I know you are more resourceful and creative than perhaps you may even realize. That is the inner universal strength we are born with that I speak to in developing the *Best Version of You*™

It may take a bit of unique questioning but it can be drawn upon and strengthened with your use. At the end of coaching, you should have the effect of improved self-esteem and a plan to work on manageable steps to move forward.

**My role**

To create the space for your growth - trust, integrity, confidentiality are key items. You can expect me to be coming to the call as a professional, being prepared, on time, providing a quiet environment and focused on you. My role is to ensure you are clear with reasonable and attainable goals, help with your blind spots for your personal or professional growth. My background in health care provides close to 30 years in asking deeper and deeper questions while recognizing your tone of voice and words tell a story.

Your role

As the client would be to respect our time, be prepared to work, coming to the session with any commitments you have made ready and be open to an environment conducive to thinking, feeling and your growth.

Your access to me

Unless notified, you will have reasonable access to me through my email Monday-Friday 9-5 EST and you can anticipate a return email within 36 hours of receipt. This is covered within the coaching fee. Sometimes a quick question to clarify something you are working on may be in order. Often it is simplest to call me by phone and if it happens only a couple of times, I am happy to handle your question if less than 5 minutes. Know that you may get voice mail as I am working with other people throughout the day. If more extended time is needed - there is micro coaching which takes 15-20 minutes and a fee for that is in addition to your usual fee. This was designed for the busy professional/executive in mind but is also used at times of something big coming up for someone between usually scheduled calls. I will pick up calls Monday-Friday 9-5 EST.

The expected result

Is that you move towards a more integrated version of yourself while accomplishing what you have set out to do.



Investment

There is an investment you will be making in your coaching. Programs have been developed to accommodate flexibility of needs. Payment for coaching is due at the beginning of each month. Time reserved for your coaching is your time. Should you be late to a call, the call will still end at the same time it was scheduled to. If a call is missed because you forgot, the call will be considered as occurring. This is designed for you to get the results you want. Nothing will change if you do not commit to showing up so I am a stickler on it.

If there is a change in your time needed >24 hours before a scheduled call due to unanticipated circumstances, often a call can be rescheduled without a problem. If you know a week in advance, that a schedule needs to change, that situation is most easily accommodated.

I take confidentiality very seriously and recognize that information of a personal, professional or proprietary nature may be revealed. I sign a confidentiality agreement with my clients so they are assured information revealed to me will stay only with me unless subpoenaed by law or should an emergency health issue arise - where I am concerned for life perils.

I will also ask you on how you wish to receive feedback. Some clients are very sensitive while others like it told straight so rest assured, once we have this clarified, the goal is to create a safe space for you to communicate and receive feedback for growth that works for you.

Coaching is not to be considered therapy

They are not synonymous. Therapy is contained within a number of regulated professions. Therapy is a clinical interaction within the context of a therapist-patient relationship whereby there is diagnosing and treatment to various conditions. Coaching is facilitating change through promoting your strengths, creating and resourcefulness. I have had clients who have had both at the same time.

Also as a bit of my history, I have had a coach in one form or another since 1988 excepting for 2006-2007. In 2008 when I got diagnosed with cancer in my right foot, the next day I hired a coach as I knew I wanted someone to help me focus on my strengths and creativity in order for me to move forward in the direction of "who & how" I wanted to be.

Agreements

Should you wish to no longer be coached, or I no longer wish you coach you, a month notice in advance is required.