Welcome to Coachingandlife

Emotional Coaching

Your emotional well being touches many aspects of your life. We all struggle in one way or another with various parts of our life whether it be external or internal factors. Some tools we all need to learn include among many others is to how to forgive ourselves and others. Forgiveness can heal many wounds which may be causing uncomfortable or problematic emotions.

Anxiety

• How to heal your inner sense of peace.

Trauma

• Childhood issues

• Healing from loss of a relationship

Abuse

• Grief management

Stress

• Addressing what are the causes of your stress

• Managing your stress levels

• Family worries

• Worries about work and responsibilities

Depression

• Using positivity and affirmations to manage your depressive feelings

• Exercise to keep the body and mind fit

• Focusing on the fun in life

• Using meditation to calm and ease the mind

Spirituality

- Conflicts with your sense of self
- Balancing beliefs with personal opinions over religious doctrine
- Being grateful for what you have rather than dwelling on what you want
- Using your strengths and gifts in new and positive ways

Link Coaching and Life.

Live the best life you can. Be the best me you can be.

"Don't save up love like you're trying to retire on it, give it away like you are made of it" – Anonymous

Before you meet up with your coach please read through this incredibly careful to ensure that you get the right benefits from the coaching

The Key Elements of Coaching are

To find the Answers You need.

No coach has ready-made answers, the primary goal in our talk and work together is to gain the insight and find out how to ask the right unique challenging questions that you must answer to be successful. That said, no coach will withhold information they believe could be useful, and we will occasionally offer direct suggestions and feedback, but we will be explicit when we do so.

What is Your Agenda

You choose and decide what topics and issues we address, both during the session and in the forums, you decide to join. In our work together and in each individual coaching session you are responsible for the agenda. We will support you and track issues over time and prioritize the topics

in each conversation. We may proactively raise topics at times, but the agenda is ultimately your responsibility.

The partnership

We are here to align with your individualized needs. It is a partnership where you and your coach hold different responsibilities to make it work efficiently and optimal.

Your engagement and desire to gain results ultimately decides the progress doing the sessions and collaboration.

The Coaching Relationship

Confidentiality

Information shared is confidential between you and your coach.

We believe learning and training and we encourage you to tell people you trust that you are working with a coach or subject and to share what you are working on. The forums are our trusted places where you find trusted peers where you can practice and get into conversations get more out of the coaching process.

Accountability

We keep and support each other be accountable, and ultimately you are accountable to yourself, not your coach.

The role is to help you fulfill any commitments you make to yourself. That said, we also need to honor the commitments we make to each other, starting with an agreement to be on time and ready for each coaching session.

Honesty

We need to feel a sense of caring and appreciation in our coaching relationship, we also need to be honest with each other.

We always speak professionally and with respect, and we also strive to be as candid and direct as possible to be as helpful as possible.

Things to Expect in a Coaching Session

Interruptions and pointed questions

We may interrupt you, and we may ask direct pointed questions. It is important that we find the communication style that is effective for you, me and for us as a team, and it is important and ultimately essential that you feel heard in our discussion, and yet excessive politeness should not get in the way of real communication.

Suggestions and responses

We may make suggestions, and you have at least four responses to choose from:

You can say 1. "Yes," say 2. "No," 3. propose an alternative, or 4. ask for time to think about it.

Any feedback or advice that we provide can be thought of as a suggestion, and you always have the ability to accept it, reject it, modify it, or defer it.

Reflection and note-taking

Coaching sessions differ from typical conversations in which both parties feel an obligation to keep up the momentum.

At times we may pause to allow you to reflect or to choose where to go next, and at times you may pause to take some notes or gather your thoughts.

We will take occasional notes to avoid being distracted by points, we are trying to remember or questions we like to raise later.

Kind regards

Your coach of coachingandlife.com