



What is Coaching and is it right for me?

How do I know if coaching is right for me?

Do you feel that you aren't reaching your potential?

Is there a gap of where you are now to where you want to be?

Do you sometimes feel you don't have the skills, resources or confidence to achieve your desired outcome?

Do you feel stuck and put off making decisions or fail to stick to those decisions you have made?

Are you ready to entertain new and fresh ideas?

Are you willing to be accountable for what you desire?

Are you ready to commit to take action to move you closer to your goal?

If you answer yes to any of these questions then coaching can most definitely support you to be the best that you can be.

What is coaching?

Coaching helps people transform their personal and professional lives.

Coaching is a tool that is used to empower individuals and businesses and help them reach their goals; it is a structured conversation between the Coach and the Client.

During a coaching session your coach will walk by your side to help you to reach your ultimate goal and aspirations. They will listen to you, ask questions, find out what your challenges are and inspire you to reach that end goal. They believe in you.

You will be encouraged to make decisions and take responsibility for these decisions.

What coaching is not?

Coaching is not about your coach giving you suggestions or advice. They are not mentoring or counselling you.

If you commence a series of coaching sessions and it is deemed that coaching is not the correct support mechanism for you at this moment in time this will be discussed with you directly to find a suitable solution to support your onward journey.



What will happen during a coaching session?

Coaching is predominantly carried out over the telephone on SKYPE or face to face. The usual procedure is that the client will contact the coach after arranging a convenient time and date.

The session is about you and will be led by you. The agenda is yours and it will be up to you to decide what is discussed at each session. In general a session will involve:

1. Review the previous session and your actions
2. Setting a goal for that session
3. Discussion around possible options and the reality of the options
4. You setting actions to achieve your goal.

Who else will know what has been said?

A coaching session is completely confidential. Baobab Growth agrees and complies with the Coaching Code of Conduct a copy of which is on our website. Baobab Growth will only break confidentiality if you intend to cause harm to yourself or others or commit a criminal act.

What does the coach need from me during a session?

To make sure that your time is being well spent with your coach you are expected to come to the session fully prepared, in a relaxed state ready to fully engage during your session. You will also need to ensure that you have a pen and paper to hand and any other items that you think will be useful such as a diary.

I want to start coaching now. What do I do?

You just need to call Donna on 07833176481. I will then set aside up to 1 hour free of charge to discuss with you what you want and allow you to decide if coaching is for you.

After all this is all about **YOU!**