



## What is coaching?

<p><b>Overview</b></p>	<p>In coaching, you identify where you want to be in your career (or other area of your life) and the coach helps you to identify where you are now and what steps you need to take to reach your objective. After you agree the steps to be taken, the coach helps you to achieve each objective - either by the end of the session or before the next session.</p> <p>The smaller 'session objectives' generally build to a longer-term goal, for which you'll set the time-frame.</p>
<p><b>Outcomes</b></p>	<p>By the end of a programme of coaching, clients are typically happier with their roles and feel more in control of their working lives.</p> <p>You'll normally find that you are better at planning your day, that you achieve more of your goals and that you feel far less stress.</p>

## About your sessions...

Session	Session	Session
<p><b>First session</b></p>	<p>To arrange a schedule for the coaching, understand the responsibilities of both parties and to agree the particular objectives of the client.</p>	<ul style="list-style-type: none"> <li>◆ The G.R.O.W. model.</li> <li>◆ What the coach will do.</li> <li>◆ The wheel of life.</li> <li>◆ Planning to succeed.</li> <li>◆ Goals for success.</li> <li>◆ Important vs. urgent.</li> <li>◆ 'Note to self'.</li> </ul>
<p><b>Subsequent sessions</b></p>	<p>The coach checks on progress since the last session, helping the client to resolve areas of indecision or conflict.</p> <p>He may also teach the client some useful techniques.</p>	<ul style="list-style-type: none"> <li>◆ Review of the planner.</li> <li>◆ Review of mini-goals.</li> <li>◆ Review of tasks.</li> <li>◆ Techniques such as :               <ul style="list-style-type: none"> <li>○ perceptual positions</li> <li>○ creativity strategy</li> <li>○ matching language</li> <li>○ email rapport</li> </ul> </li> </ul> <p>(These are just examples – the content actually depends entirely on the matters raised by the client.)</p>
<p><b>Final session</b></p>	<p>The coach and client review progress since the first session, identifying positive changes and making a plan to continue growth in the future.</p>	<ul style="list-style-type: none"> <li>◆ Reviewing the 'wheel of life'.</li> <li>◆ Reviewing goals.</li> <li>◆ Reading the 'note to self' and writing a new one.</li> <li>◆ Discussion about further growth.</li> <li>◆ Planning for the future...</li> </ul>

## Arrange your coaching now :

<p><b>Investment</b></p>	<p>Coaching packages start from £500 plus VAT.</p>
<p><b>To book this event</b></p>	<p>Contact us now by calling 01673 876 271 or by emailing <a href="mailto:info@foresightnlp.com">info@foresightnlp.com</a></p>