

How to Work with Me

1. Make a list of what you really want in life. Coaching works best when you have clear goals that are based on your needs and values. If you are not sure what your goals/wants should be, we can discuss them during our sessions.
2. Get to know yourself *newly*. Working with a sensitive and empathic coach is a healthy way to grow. Most clients hire a coach to accomplish several specific goals and much of the time and focus is on these goals. Yet, with coaching, don't be surprised if you discover new parts of your self' or, if you find your goals adjusting themselves to who you really are. This discovery process is natural, so you needn't rush it, just realize it will likely happen. There are several assessment programs you will be working on that will directly help this process. Feel free to discuss this with me when you wish. I deal with the *whole* person.
3. Double your level of willingness. Part of working with me as your coach is that I will ask a lot of you. Not too much, I hope, but certainly more than you may have been asked recently. I need you to be willing to experiment with fresh approaches and be open to redesign the parts of your life that you are able to right now. This, so you can more easily reach your goals and live an integrated and fulfilled personal and professional life, using the gifts you have and enjoying life as it was meant to be enjoyed. And before this sounds like a Hallmark Card, let me tell you the kinds of things I need for you to be willing to do.
 - Change your behavior, a lot
 - Experiment and try new things
 - Remove all sources of stress in your life
 - Redesign how you spend your time
 - Set goals that are much, much bigger
 - Start treating people much, much better
 - Re-look at the assumptions/decisions you've made
 - Start telling the absolute truth, regardless
 - Eradicate all triggers of adrenaline
 - Get the support you need to handle a problem
 - Raise your personal standards to be very, very high
 - Stop tolerating or suffering about your life
4. Come to the coaching call/session prepared, with an agenda. We have a set amount of time together and you will want to have a written list of the things you want to share and discuss. This will help you get what you want from the session. There is a session prep form included in this packet. On this form include things like:
 - Successes and wins you've had during the week
 - What you're currently working on and how it's going

- Obstacles you faced and how you handled them
 - Aha's and insights and new awareness which excite you
 - Report on the homework you completed
 - Advice you want from me
 - New skills you want to develop
5. Enjoy our session. We have work to do together, but please enjoy the session with me. After several sessions, you may find that we take a little time to catch up on those parts of your life that mean a lot to you or you may want to share something personal and confidential. And after several months (perhaps sooner), you may find that we even laugh a lot during the session—at life, how you've grown, how things happen. Coaching sessions aren't gabfests, but they are enjoyable for both of us. They needn't be intense or an effort for you to produce the miracles you know are possible. But feel free to set the tone, and I will respect what you need.
6. Keep yourself well between our sessions. Coaching can require energy: emotionally, intellectually, physically and spiritually. Given this, I want you to take extraordinary care of your well being while being coached. Only you know what this looks like, but I suggest you go much further than you ever have in this regard. The place to start is to develop a list of Ten Delicious Daily Habits that keep you well. Add anything to the list that works for you. Make yourself a promise to do these things for *yourself*. They will and should change over time, but some examples to help you get started are:
- Exercise: walking, yoga, running, martial arts—whatever you enjoy
 - Reading
 - Listen to great music
 - Eat right: more vegetables; less fat/sugar; little caffeine, nicotine, alcohol
 - Write in your journal
 - Start being early for everything
 - Handle a completion (i.e. work on finishing something you have started that has been in "limbo")
 - Underpromise
 - Floss
 - Take vitamins
 - Meditate
7. Do your homework each week. This is not homework like in school. These are tasks, actions, results or changes that you are telling yourself and me that you will do your best to complete before our next session. You must apply yourself and use the homework to help you achieve your personal and professional goals.
8. Please write a personal biography. Make sure to include the following:
- What is your passion in life? What makes you happiest/most fulfilled?

- What is your life purpose? What do you want for yourself, others and for life?
- What is truly most important to you?
- Your business mission--What do you want, professionally? Why do you do what you do? What do you offer that is unique and/or excites you?
- Your Legacy? What do you want to leave for others after you are gone? Be specific.
- Identify your personal and professional strengths.
- What are you most pleased and proud of having accomplished?
- Who do you know (identify your network)? What do you know? What gifts do you have? What makes you unique and powerful?
- Make a list of the things you are tolerating in your life.
- Make a list of the 10 things you are now willing to do or change.

Well, that is just a start! It's a lot to begin with, but all of this work will help to facilitate your personal and professional growth as time goes on! The more you *really* know about yourself, the clearer your path to personal fulfillment and success. Have fun with this! I look forward to the journey we are embarking together

