



## Coaching - what you can expect

### What coaching is

The International Coach Federation (ICF) defines **coaching** as partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.

What it means:

- Coaching is an action oriented, future focussed relationship.
- Coaching is not consulting: The premise of coaching is that clients have the power and ability to achieve their personal and professional goals. A coach will therefore not offer advice.
- Also, coaching does not involve the diagnosis or treatment of mental disorders. Coaching is not to be used as a substitute for counselling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals. It is the Client's responsibility to seek such independent professional guidance as needed.
- If you are currently under the care of a mental health professional, it is requested that you promptly inform the mental health care provider of the nature and extent of the coaching relationship.

### Your agenda

You, as the Client, will be in the driving seat throughout the coaching partnership. It is your agenda and goals that will drive the discussion.

### During the coaching sessions

A coach's role is to have powerful conversations with clients in a safe environment in which you are free to explore your emotions, thoughts and behaviours with the aim of learning and growing. I will listen to you, reflect words back to you and challenge you with thought provoking questions.

Occasionally I may ask to step outside the coaching role to offer insights or information, to provide you with feedback, to ask you to consider an action that might be useful. I may recommend books or other resources to you.

At the end of each session I will provide you with relevant exercises, will ask you to commit to actions that you have come up with during the session and will ask you to update on the progress of your actions at the next session.

### **Outside the coaching sessions**

Most of the learning you will experience will take place outside of the coaching session. Your commitment to the entire process is very important. This means that – by entering into this coaching relationship – you commit to communicating honestly, being open to feedback and assistance and being able to create the time and energy to participate fully in coaching.

If you are uncomfortable with this or unable to think about our session once you leave, you are not likely to benefit from the experience. Please let me know if this is happening to you.

### **Contact between coaching sessions**

Feel free to email me at any time. I will try to respond within 24 hours of receipt of your email.

If you need to talk something over between calls, have a problem or can't wait to share a success please feel free to ask for a phone call. I only ask that you keep calls to 5 or 10 minutes each.

### **Code of Ethics**

I am a member of the International Coach Federation (ICF) and currently hold an ICF ACC credential (ACC = Associate Certified Coach). I maintain the Code of Ethics and standards of behaviour set out by the International Coach Federation. You can find the Code of Ethics here: [ICF Code of Ethics](#)