

COACH 4 LIFE



The Coaching Process with Lesley Colcord, Coach4Life

As a significant number of my clients come to me via their employers, who often reimburse or assist with funding the coaching, the following information outlines some of the coach's background and clarifies the coaching process.

My coaching philosophy is one based on life balance and values. My coaching approach is strategic and structured and as a coach I act as a buddy, mentor, and manager depending on the phase of coaching.

I am a professionally trained Life Coach and have been running a full time coaching practice since 2002. I offer Personal and Career coaching and I am also trained as a team coach. My working background prior to being a coach was mainly in the area of adult learning and development. I have sound business experience in the areas of sales, project management and training. In addition to my coaching practice I run regular coaching workshops, offer MAPP™ profiles, take night school classes and have recently acted as a consultant/advisor to assist an organisation in designing a lifestyle planning process.

The following list outlines what takes place during the personal 1:1 coaching series:

- 2 to 3 primary goals (life changing goals) are set with a deadline of 3 months. These goals are set in the areas that will best bring a sense of life/work balance and achievement.
- A set of strategies are agreed and set that will ensure the client achieves success in each of their goals.
- The client works with a tried and tested set of tools that will assist them in understanding their personal values and strengths
- The client takes away a set of actions from each session that have been agreed on during the session. These actions are not pre-set except for the first session. The actions come out of discussion and brainstorming in relation to their goals and agreed strategies
- The client is encouraged at all times to take action rather than just "discuss". It is action that will get them to their goals
- All clients are requested to complete a session preparation form to bring along to their sessions. This form allows them to reflect on their week and bring to the table issues or wins they have had during the week.
- A context or objective is set for each session that is aligned to the agreed strategies. The client is invited to have input to this context to ensure that they cover off any particular issues or topics
- The coaching series is designed whereby the client learns the necessary techniques and strategies and can therefore take them away and implement the structure where necessary

fulfilment: n 1: a feeling of satisfaction at having achieved your desires