

WHAT IS *coaching*?



Coaching helps you to understand yourself more deeply, and live with greater purpose and fulfillment.

During our coaching sessions, I will work as your partner, helping you to set goals and develop action steps and programs to achieve them. Together, we will create a customized plan to make your goals achievable. Each week we will review progress towards these goals.

As your coach, I am not here to give advice or tell you what to do. Instead, through careful questioning, we will go deep into conversation and I will help you examine the things in your life that are important to you. From here we can draw out what it is that you need to do to develop further.

Working closely together, I will support and encourage you as well as provide a safe space where you can overcome challenges and obstacles. My main aim is that this coaching experience will transform the way you look at life.

So, I won't solve your problems for you but instead, I'll guide you to work out your own solutions and I will help you to build resilience so that you can face challenges in the future. Throughout the process you'll be in control of the direction and focus that our sessions take.

I'm looking forward very much to working with you.

Caryn

COACHING CODE OF *ethics*

As your coach, I agree to:

- be honest and act with integrity at all times
- not take any financial, professional or other advantage of the client/coach relationship
- treat information shared in the strictest confidence, and only disclose to prevent harm to others
- act with fairness and impartiality with no discrimination
- uphold all agreements with clients including contracts, schedules and tasks
- listen actively to clients with no judgment
- be diligent in delivering an expert coaching service that creates a transformation for my client

