

About Coaching

Coaching is a unique relationship in which a coach and a client partner together achieve a goal, or group of goals, set by the client. As a coach, I work with you to clarify, define, and focus on your goals. I provide support, encouragement, motivation, a listening ear, objectivity, and information. I help you stay on track, to be accountable. I expect you to participate fully in the process and to enjoy a successful outcome.

Coaching is a different process from therapy or from some forms of counseling. In a coaching session, we focus on the present and the future rather than on the past. We focus on goals and change rather than on past problems, on growth and learning rather than on healing, on present successes rather than on past failures. Coach and client are on equal footing, working together towards a common goal or vision. As a coach with a background in counseling and therapy, I can help you to determine whether it would be better for you to work with a coach or with a therapist on a particular issue.

Coaching is most commonly done over the phone, often with email communication between sessions. Face-to-face coaching sessions can be arranged when appropriate and convenient. Email coaching is available for international clients.

We begin with a complimentary coaching session in which we both have an opportunity to see if the fit is right and if coaching is the best course of action. If the fit is not right, I can often refer you to someone else. When we decide to work together, we then contract for a specific number of sessions, set up a schedule, and determine the fees and the payment schedule.

A typical coaching schedule might consist of twelve weekly or bi-weekly phone sessions, lasting 30-45 minutes, perhaps with monthly follow-up sessions for a while after that. Many other variations are possible. In my practice, I require an initial minimum of three sessions, spaced no more than two weeks apart (not including the complimentary session).

Benefits of Coaching

The benefits of coaching can include...

- Greater clarity
- Focus
- Revitalization
- A sense of purpose
- Direction

- New perspective
- Increased confidence & self-esteem
- Contentment and joy
- Progress
- Results

Life Coaching

Life Coaching, or personal coaching, is ideal for anyone involved in a personal or lifestyle transition. Life Coaching focuses on personal life issues and transitions such as...

- Moving on after a relationship change
- Achieving life/work balance
- Addressing the question, "What do I want to be when I grow up?"
- Relocating geographically
- Handling mid-life changes and the empty-nest syndrome
- Planning for the retirement years
- Making major lifestyle changes
- Creating and living the life of your dreams

Career Coaching

Career coaching is ideal for people involved in work/job/career transitions...

- High school, college, and graduate school students planning their future
- People who are unhappy in their jobs
- People who have been laid off or fired from jobs
- People who want to change careers
- Women making a home-to-work/school transition

Career Coaching focuses on subjects such as...

- Assessing skills, strengths, interests, and aptitudes
- Understanding your personality type & its relationship to a job or career
- Exploring your values, beliefs, purpose, vision, and mission
- Recognizing your true Calling or Right Livelihood
- Setting goals
- Managing time
- Getting organized for the job search
- Developing a plan of action
- Writing and refining a resume
- Networking & information interviewing

- Polishing your interviewing skills
- Negotiating salary, benefits, and other job terms
- Setting yourself up for success on the job

Business Coaching

Ideal for entrepreneurs and small business owners who want to plan, develop, and grow their businesses. Some of the issues we might focus on include...

- Developing a vision for your business
- Exploring the purpose and values underlying your business
- Writing a Business Plan
- Creating a Mission Statement
- Setting realistic and attainable goals
- Growing your business through networking and marketing
- Reviewing your business goals and projections on a regular basis
- Using the SWOT Analysis to update your Business Plan

Complimentary Session

Before I begin working with a new client, we have a complimentary coaching session in which we begin to get to know each other. The session will last about 30 minutes. You will learn more about how I work, and I will learn more about your goal(s) and your reasons for wanting coaching. We will determine together if coaching is the right approach for you at this time and if I am the right coach for you. If we decide to work together, we will then discuss frequency, schedule, and fees and we will set dates for the first three sessions.

The complimentary session is usually preceded by an email exchange in which I gather some preliminary information. Before we meet for the first time, I will ask you to complete the Coaching Preview Form. You can complete the form online and email it to me or you can download a PDF version of the form from the site and fax or mail it to me ahead of the session.

If you would like to schedule a complimentary session, call me at 978-546-9660 or visit www.conniekomack.com, go to Contact Us and complete the online registration form.