

Information

Executives & senior managers are increasingly turning to a coach to help improve performance by bringing a different perspective, encouraging you to reach beyond your self-imposed boundaries, making sure you develop new skills and habits.

I will work with you to set a tailored programme, delivered in person or by Skype. Fitting around your own individual requirements is important.

An initial meeting to set clear objectives from the coaching will be followed by a series of sessions at a pace that suits you and your business needs.

Over this time, I will provide feedback, perspective, encouragement and new ways of tackling situations. It will be like having someone running alongside you, giving you the extra input and insights that can really make a difference to your success.

Throughout coaching, you will always be supported with unlimited contact via e-mail, and the odd call, providing you access 24/7.

Commitment

In choosing to be coached, you are making the following commitments to yourself:

- To prepare, so you know what you want from each session, to gain best value.
- To be open to new challenges and be prepared to stretch yourself to achieve them.
- To be open and honest with yourself, and with your coach, and trust that you will never be judged on anything you say.
- To invest the time necessary to make the most of your programme.
- To inform your coach straight away if anything about the relationship bothers you or is not working as well as it could.
- To respect your coach's time.
- To accept accountability: no excuses, no blaming and complete ownership for self and actions.

In turn, I make the following commitments to you:

- To believe in you completely and know that you can succeed in your aims.
- To stretch you, challenge you, sometimes confront you, but always support you.
- To be honest, open and non-judgmental. Everything that passes between you and your coach will stay confidential.
- Coaching is always about what you want. It is the job of your coach to help you see what you want to see, not to make you face things that you are not ready to look at!
- Often ask you to consider going further than you initially think that you are prepared to go. However, you are always in charge of what action you take as a result of your coaching.
- To be on time for all coaching sessions that we schedule and to be relaxed and ready to go.
- To readily take and accept feedback, too.
- To act as witness to the changes you make.

Agreement

Our agreement will be for the duration of your coaching programme, to be taken over a period of time that suits your needs.

Sessions can be held face to face, by phone or by Skype, and you may also contact me by e-mail in between sessions. Think of these as 'on call' sessions where you bring a specific issue that you are tackling between scheduled coaching, for added support on your actions or simply to celebrate success.

I do ask that if you are unable to attend a previously arranged session, you cancel at least ten working days before that session is due to start, otherwise the full fee for that session will be payable.

Your sessions will be confidential. However, I may discuss your case with coaching supervisor in a way that you are not identifiable, to contribute to my own development.

You may also waive your right to confidentiality so that My Own Coach Limited may use your session for a case study or testimonial.