



Coaching Sessions and Coaching Notes

In our coaching sessions (that are up to an hour) we follow a process of questioning that will help you to clarify any issue and the circumstances of the situation. This will lead you to considering what options are available so that you may start to solve the issue and move forward to a satisfactory resolution.

You will decide what if any action you will take and you will be responsible for the outcome.

The process of coaching is empowering and powerful!

Know that your coach is your champion and has no desire other than to see you as successful in all that you want to achieve. So, if you feel uncomfortable with a question, look inside yourself and ask what is it about the question that unsettles me? Do I want or need to explore that in more depth?

Coaching is a partnership between coach and client with the sole purpose of meeting the client's needs – it's **ALL** about you!

Coaching results are not guaranteed. You are entering into a coaching relationship with the clear knowledge that you are ultimately responsible for creating your own results. However, expect some magic to happen!

What happens at the end of the session – are you on your own and how can you remember all that you explored?

Don't worry; Pamela has that taken care of. You will receive an email of your coaching notes that will be a clear, concise and easy to use guide covering your thoughts and the decisions you made.

Coaching notes have proven to be a key element in the success of clients and they consistently acknowledge them as a valuable visual reminder of their thought processes and intentions in moving forward to creating their lives the way they want them to be.

You too will receive coaching notes written just for you.

Approach coaching as though your life depends on it...for in truth ... it does!