

THE VIP MINDSET

COACHING INFO SHEET



What is coaching?

Asking you questions to help you unlock what you want to get out of your life

Encouragement

Accountability

A framework of support

What coaching isn't

Therapy/psychiatry

Consulting (ie giving you answers or making decisions for you)

Friendship - I think you're great, but during coaching sessions I'm your coach, not your friend

What does coaching require from you?

Commitment

Authenticity

Engagement

Taking action

Taking accountability

What you can expect from me

To ask you relevant questions

To be judgement free

To show up on time and prepared

To be a safe space for you to explore big ideas