

'Empowerment Coaching' Process

Step 1 ~ The client decides to take action; to effect change in some area of their life.



Step 2 ~ As part of choosing the best coach, the client gathers information about different types/styles of coaching, interviews coaches, then selects the coach that best suits them.



Step 3 ~ Once selected, the client & coach discuss and mutually agree to specifics about fee for service & number of coaching sessions to be scheduled.



Step 4 ~ During every session, the coach assists the client to identify issues, challenges and/or goals the client wants to focus on.



Step 5 ~ The coach uses innovative coaching techniques & tools to assist the client in removing any roadblocks, fears and/or barriers to success.



Step 6 ~ The coach assists the client to:

- Harness inner wisdom & resources
- Release tensions & emotional stressors stored in the body
- Gain new insights, self awareness & understanding that supports new perspectives behaviors & lasting positive change
- Develop a personal action plan strategy at the end of each session



Step 7 ~ The client makes a commitment to work on their personal action plan in between coaching sessions, with on-going support & encouragement from their coach.



Step 8 ~ As part of each *new* coaching session, the client repeats Steps 4 – 7.

**Mutual Trust,
Respect & Shared
Commitment**

**Safe, Confidential, &
Non - Judgmental
Environment**

**The coach provides
on-going support
& encouragement
to the client**

**The client gains clarity
about what is of real
personal importance
& value to them**

Full Spectrum Coaching & Consulting Services

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