



Bright Delight Fact Sheet

What is Life Coaching?

Coaching is a tool that is used to empower individuals and help them reach their goals; it is a structured conversation between the Coach and the Client.

During a coaching session I will walk by your side to help you to reach your ultimate goal and aspirations. I will listen to you, ask questions, find out what your challenges are and inspire you to reach that end goal.

You will feel encouraged to make decisions and take responsibility for these decisions.

What coaching is not

Coaching is not about me giving you suggestions or advice. I am not mentoring or counselling you. If you commence a series of coaching sessions and it is deemed that coaching is not the correct support mechanism for you at this moment in time this will be discussed with you directly to find a suitable solution to support your onward journey.

How do I know if coaching is right for me?

Ask yourself the following questions:

- Do you feel that currently you aren't reaching your potential and feeling fulfilled?
- Is there a gap of where you are now to where you want to be?
- Do you sometimes feel you don't have the skills, resources or confidence to get something complete?
- Do you feel stuck and put off making decisions or fail to stick to those decisions you have made?
- Are you ready to entertain new and fresh ideas?
- Are you willing to be accountable for what you desire?

If you answer yes to any of these questions, then coaching can most definitely support you to be the best that you can be.

How does Coaching work?

There are lots of different coaching models to structure a session.

I tend to use the popular model of GROW model first which is an acronym for the areas explored: **G**oals, **R**eality, **O**ptions and **W**ay forward.

This model keeps you moving forward towards your goal. I will be asking you questions, listening to your responses, challenging you whilst all the time remaining non-judge mental regarding the details and not offering you any advice.





What will happen in a coaching session?

Coaching is predominantly carried out over the telephone/video calling software (e.g. Zoom) or face to face.

After the initial Intake Session which will start us talking about you and your aspirations, in each coaching session you will be guided through a 6-point process following the GROW model:

1. Review the previous session and the actions that you completed
2. Set the goal for that session
3. Consider where you are at the present moment with this goal
4. Consider your options in meeting this goal
5. Agree on some actions
6. Summarise the session before completing the session.

Each session will be for 1 hour. I will manage the timing of the session and ensure you gain full value from the session.

Who else will know what has been said?

A coaching session is completely confidential. I agree and comply with the Coaching Code of Conduct and only in extreme circumstances will this confidence be breached. This includes the intent to cause harm to yourself or others or criminal acts.

What does the coach need from me during a session?

To make sure that your time is being well spent with me, you are expected to come to the session fully prepared and with a goal or aspiration in mind that you would like to work towards.

Preparation is very important for the coaching session so you are encouraged to spend 15 minutes prior to the session taking yourself to an environment where you will not be disturbed, with a drink and feeling refreshed to relax prior to the start of the session.

You will also need to ensure that you have a pen and paper to hand and any other items that you may think will be useful such as a diary.

