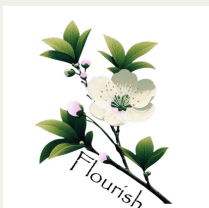




What to expect at Coaching

Coaching represents a collaborative partnership between the Coach and the Client. Establishing trust, openness, and honesty facilitates a thorough exploration of the client's strengths, challenges, and aspirations. Together, we will create a roadmap to help you reach your desired outcomes.

At the onset of each session, we will identify your topic of focus, clarify its importance to you, discuss what changes you would like to see, and determine how you will recognize when you have achieved your goals. Through insightful and thought-provoking questioning, you will enhance your self-awareness, develop strategies, and identify actionable steps to advance towards your objectives.



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