

# Coaching Overview

## Why Get a Coach?

Take a look at some of the top leaders, professionals, and athletes in the world—they all have coaches, mentors, and other advisors to help them get where they are and stay at the top of their field.

A coach provides:

- Accountability to the actions you commit to
- Perspective on your problems, strategies, and beliefs
- Feedback from an objective viewpoint
- Assistance in creating action plans and strategies
- Questions to help you think more creatively

## How Coaching With Me Works:

- Sessions generally last around 1 hour via Zoom or over the phone
- The first 1-2 sessions will be dedicated to where you currently are in your life and what your overall goals are with coaching
- You will fill out a pre-call questionnaire form to get me up to speed on your progress and main outcome(s) for our call
- I will use questions, exercises, stories, analogies, and anecdotes to help you gain new perspective on your problems or outcomes
- We will formulate at least one new action you will commit to doing by our next call to help move you closer to your goals

## Satisfaction Guaranteed

For many years now, I have seen what the power of coaching has done to transform my life. I am so confident that you will see the tremendous benefits from coaching, that if after 5 sessions you would like a refund, I will give you all your money back.



*Take action TODAY to start transforming your life and book a FREE session with me! Your future self will thank you immensely!*