



WHAT IS YOUR PHILOSOPHY AND APPROACH TO COACHING?

I coach people who want to grow and create more of what they want in their lives.

My job is to build rapport and trust with my clients, to get curious and listen past their words and open up new worlds through questions and challenges.

Coaching is about SELF DISCOVERY AND ACTION.

A coach's main job is to be curious without judgement. Rare to find a conversation that is all curiosity and no judgement; where you are fully accepted as you are with the conversation is about growing and developing rather than fixing.

The coach's job is to discern when a client really needs to be heard and needs encouragement or when they need a kick in the pants and inspiring motivation.

The coach's job is to help you identify your values and the obstacles, real or imaginary, that get in the way. I often say to clients that my job is to help you get in the best decision making position, whether it is in relationships, business, health, finances or careers.

Through interesting questions clients discover what they want.

Through collaborative strategizing clients start seeing a plan.

Through challenging action steps clients start going after it.

WHY DO YOU COACH?

There was a gap in the marketplace for people who needed support but didn't necessarily need a therapist or counselling. Coaching was the perfect fit.

Coaching is a partnership where the purpose is to help someone clarify what they want, strategize on how to get there and have the support to get moving. It has been my great joy to partner with hundreds of people over twenty years and watch them create the life they were dreaming about but couldn't figure out how to get there.

I coach because I believe we all need someone in our corner who has taken the time to really listen and understand our goals and values and can hold up the mirror of ourselves without judgement to help us see ourselves better.

WHAT DO YOU LOVE ABOUT IT?

I have seen the immense value when people take time on a regular basis to reflect, refocus and design a life with intent. It is effective and powerful.

I love the privilege of skipping over all the small talk and getting to the heart of a person.

I love watching what people are capable of doing, discovering, growing, and creating with support. We are not meant to do life alone.

For me there is a creative aspect to coaching that keeps it alive for me. Each conversation is a blank canvas and through curiosity and listening it is my job to ask the kind of questions that has that person stop and say, "I've never thought of that before!" When a client says that to me, I know we have hit gold.