

WHAT CAN I EXPECT?

What will happen during a coaching session?

Working with a coach is an exciting prospect as it is the first step towards achieving your goals. Often clients will feel nervous about what to expect during a coaching session so, whilst every coaching arrangement is unique, the below explains the typical approach and methods used.

The Initial Consultation

- Your coach will discuss with you the reasons why you have sought coaching and what you are looking to achieve. They will explain the approach that they take and provide you with the opportunity to ask any questions. This is a no obligation discussion and client-coach confidentiality starts from the moment that you make contact.

The Coaching Session

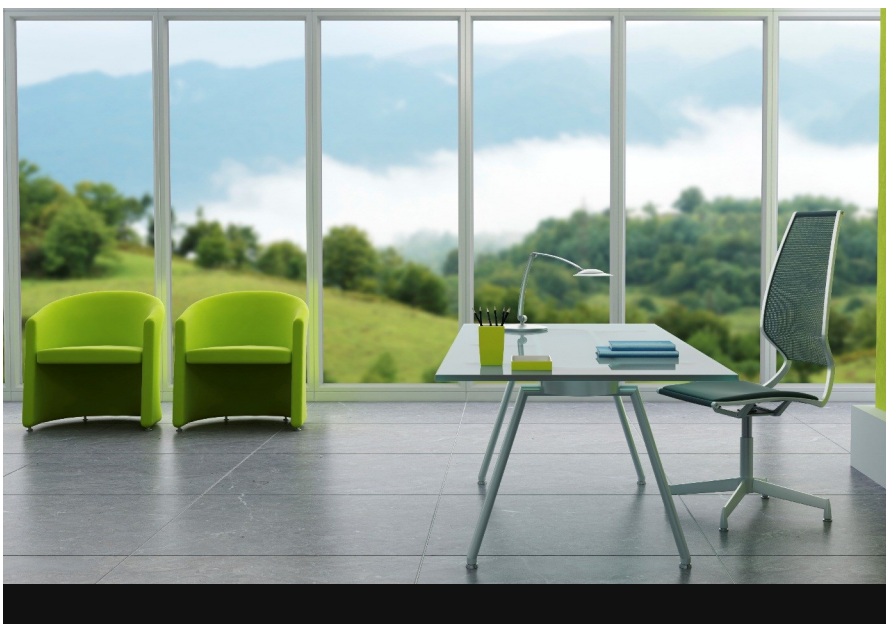
- Each session will last for 60 minutes and usually take place face-to-face, although remote Skype sessions are also available. During the session your coach will ask you questions and complete exercises with you that will help you to find the solutions to the problem or issue that you are facing. Attention is paid to your thoughts, feelings, emotions, and physiological outcomes within the situation.

Between Sessions

- During your sessions you will agree upon assignments and actions that you will undertake between sessions to put into action steps that will help you to achieve your goal. Commitment to these actions are key to successful coaching outcomes.

“Before my first coaching session I was excited, but apprehensive. During the initial consultation my coach explained what to expect and I couldn’t wait to get started...”

- A previous client



Contact Us

For an initial, free and no obligation consultation.

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