

EXPECTATIONS & RESULTS

LIFE COACHING

Meaning & Purpose



EXPLORATION & DISCOVERY

We'll initially spend some time understanding what you want more and less of in your life, what your personal and/or professional ambitions are and what's currently holding you back. I will provide a safe, non-judgemental space & guide you through the process.

Values Elicitation



HIERARCHY

I'll take you through a process of drawing out the values most important to you in your life or career, depending on what is appropriate to your situation. We'll review how satisfactorily these are currently serving you & how to increase this.

Setting Meaningful Goals



ACTION PLANNING

We'll spend some time focusing on crafting or reviewing your life and/or career goals, ensuring that they are meaningful and aligned to your values. This will also include identifying appropriate action steps, resources and what success will look like.

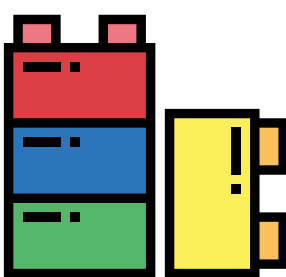
Self-limiting Beliefs



ROOT CAUSE

At this stage we'll dig deeper to really understand what is holding you back from moving forward or reaching your aspirations. Often obstacles are tackled at the surface level and not at the the root cause. Successful change requires tackling from the root cause.

Strategies



BUILDING BLOCKS

"Give a person a fish & you feed them for a day. Teach a person to fish & you feed them for a lifetime".

You will develop greater self-awareness, confidence & strategies through various coaching tools & techniques.