

What is coaching?

“Aut viam Invenium Aut Facium”

(‘Where there’s a will there’s a way’, more literally: ‘I’ll find a way or make one’)

- Do you have a goal that you **really** want to achieve?
- Would it be easier if you had someone take this exciting journey with you?
- Someone who can help you to tap into your own internal resources to help you reach that goal?
- Are you prepared to invest in yourself?

My aim is: To work with you and empower you to fulfil your true potential and aspirations.

Personal professional/Life coaching is very different to mentoring in that it equips you to find your own way forward towards your desired goals. Your coach will not provide advice; he/she will guide you to finding your own options through carefully planned and structured questioning techniques which will challenge you to think outside of the box. This approach encourages you to think more deeply about the options, skills and resources you have available to help you reach your desired result. This type of coaching is based on the belief that we all have the ability to achieve our desired goals and that we are more likely to commit to working towards our goals if we ourselves have identified the required actions. Your coach will also challenge you to carry out your actions within an agreed timescale, you will unlimited have email and text access to your coach and can also call your coach between sessions; a time would have to be agreed in advance. As your coach is busy with other clients we have to place a limit on the duration of the call to a maximum of 10 minutes.

Your sessions

Each session lasts approximately 30 minutes, this is flexible depending on the topic being covered but will not be more than 40 minutes long as the process can be quite exerting for both coachee (you) and coach.

Session dates and time slots will be planned in advance; any changes will require 72 hours advanced notice so that we can rearrange other commitments where possible. You, the client will be required to call the coach at the agreed time either by telephone or via Skype (your coach will provide you with contact details once a contract has been signed).

You can have a qualified and committed coach or select the combined package; a qualified coach/NLP practitioner to help you in your journey by encouraging you to look at possibilities and ways forward. Shahilla Barok (Director) is a protégé member of the Coaching Academy, she adheres to the ethical code of conduct, this ensures that the service provided to you is ethical. She is also member of the Association for Neuro-linguistic Programming which requires a commitment to CPD and adherence to the ANLP ethical code of conduct.