

The FREE initial 30 minute consultation is a telephone consultation providing an opportunity for you to find out more about coaching and experience a short coaching conversation free of charge and with no obligation.

It is an opportunity for you to find out if the style of the coach is one that you are comfortable with, one that results in you feeling you have made progress at the end of the call and one you wish to continue with.

It is an opportunity for you to decide if you are ready to face the challenge of development and change and if you are willing to pay the emotional price to pursue your goals.

This may sound strange. Coaching is about improvement, learning new skills, being better at what you do, right?

That is right. But the process of change isn't necessarily easy and is frequently uncomfortable. If you are not prepared to pay the emotional price, if you are insufficiently motivated and lack commitment, then you are not ready for coaching and it is likely you will abandon the process when the going gets tough.

The FREE initial 30 minute consultation gives you the opportunity to find out.

As your coach, it gives me the opportunity to find out if my style matches your expectations and if we fit well together as coach and client.

It gives me the opportunity to understand more regarding your objectives and how committed you are to achieving them.

At the end of the FREE initial 30 minute consultation, I will know whether I believe I can coach you effectively or not and whether or not I am prepared to make you an offer to be your coach. You will be able to decide whether to accept that offer, should it be made, and commit to entering into a professional coaching relationship where, amongst others, we will jointly define objectives and develop strategies to achieve your objectives.