

# ABOUT COACHING



ROCKHOPPER COACHING  
time for change

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If you've never come across Coaching before or are curious to learn a bit more about it, this information sheet aims to give you some more insight. If you'd like to find out how Coaching could work for you – please give me a call on 07968 264432 or contact me via the website.

## **What is Coaching?**

Coaching is a developmental process aimed at helping clients to identify and focus on their goals and to achieve them more quickly and effectively than they could do by themselves.

Put simply it is a way to help you accelerate your success, whether in business, study, career or your wider personal development. It helps clients to move forward in their lives.

## **When can Coaching help?**

Sometimes we need help establishing where we want to get to; at others we may know where we want to be, but are uncertain how to get there. Coaching will help you find both clarity and solutions. It will also help to inspire you, motivate you and help you to feel really committed to a particular course of action – whatever you choose to do.

## **What does Coaching involve?**

Coaching generally involves a one-to-one structured conversation between Coach and client, often delivered over a series of sessions, facilitated by the Coach and focussing on the client's specified agenda.

At the outset, both parties will agree what outcomes are being sought from the Coaching process, so that both are able to measure progress, and the benefits of the Coaching can be assessed.

## **How does Coaching differ from other forms of support?**

Coaches will not offer advice, or try to tell you what to do. They start from the understanding that the client is the expert in their own life. It therefore differs from mentoring or consulting, where the client would actively be seeking some advice!

Coaching is not therapy either. It is a service intended to help you to identify goals and direction in your life, and to help you create exciting ways to reach them. It is particularly effective in helping with motivation and challenging old ways of thinking. However, it does not help to heal past traumas or deal with issues that may need to be resolved first.

If in doubt, please talk to your Coach who will be able to advise on the best intervention for you.

## **How does the Coach-client relationship work?**

A successful Coaching relationship is built on trust, openness and rapport between Coach and client. Coaching is a non-critical, non-judgemental process, based on self-awareness and responsibility, to which both Coach and client make a commitment.

The agenda and focus of the Coaching is determined by the client at all times; the Coach's role is to help the client move forward to achieving their desired outcomes. Responsibility for achieving results, however, rests with the client themselves.

Although Coaches do not offer advice, they will challenge the way you think, and encourage you to change your old ways of working, when these are not effective.

Coaching isn't the easy option: at times it can be really tough to consider your life from a different perspective. However, from your Coach's challenges can come great results, and the opportunity to create something new and exciting in your life.

### **Is it confidential?**

Totally. Your Coach will never divulge your personal information to others. When you make your Coaching agreement with your Coach you should ask about how they intend to protect your identity and the content of your sessions.

### **How do I find the right Coach for me?**

As Coaching works best when there is a good personal rapport between a client and their Coach, it is important to find the RIGHT Coach for you. The best way to do that is to speak to your potential Coach, and find out what they are like!

Be clear in your own mind about what you want from Coaching. What are your expectations? Discuss these with your potential Coach. It will help you get the most from your sessions, and help your Coach to understand the best way to work with you.

You will also want to find out more about the practicalities of Coaching, for example:

- How many sessions?
- How frequent and over what time period?
- How long will sessions last?
- What will it cost & how do I pay?

You should also think about how you would like to work with your Coach – face to face, by telephone or via Face-time or Skype.

### **How do I get started?**

If you are inspired to find out more about Coaching, please call me on 07968 264432.

You can book a free 30 minute telephone consultation with me, when we can explore your key reasons for Coaching, learn more about one another, and to help you decide whether Coaching is for you. Remember, there is absolutely no obligation.

You can also use the Contact form on the website to book your free phone consultation or to ask for more information about Rockhopper Coaching's services.

I'd be delighted to hear from you!

**Carri Jovanovic, Personal Performance & Career Coach**



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[www.rockhoppercoaching.co.uk](http://www.rockhoppercoaching.co.uk)