

Team YOU

- ❖ Stuck? Can't figure what is next?
- ❖ See the endgame but just can't see what is getting in the way?
- ❖ Feeling adrift? Want to pick a direction but not sure where to start?

Maybe you are ready for a Coach?

What Does Having A Coach Mean?

As your coach my most important role is to support Team YOU. I firmly believe that everything you need to answer your questions, tackle your barriers, create a plan and put that plan into action to achieve success is within YOU. The time we spend together will be completely devoted to YOU.

How Does a Coach Do That?

Listening, asking questions in our conversations and engaging in a collaborative discovery of who you are, what you want to do and how you want to get there. Sometimes these discussions will be clarifying, sometimes enlightening, sometimes they will be challenging but all of them will be for the benefit of getting team YOU moving closer to your goals.

Coaching sessions can be done in person, on the telephone or over Skype type programs. Each session is about 20 to 30 minutes, weekly for a 3 month or 6 month span of time - the timing is something we negotiate together based on schedules and mutual availability.

No Really, That's it?

Basically. Yes. There may be some laughter too...just sayin'.

How is Coaching Different from Talking to Friends/Therapist/Clergy/Family?

Coaching is not counselling, mentoring, therapy, religious instruction, a conversation with a family member or friend. In some cases, it may be more appropriate to seek these people out depending on your needs. My role is to remain objective as a member of Team YOU and be with you on a forward moving journey of your creation to an outcome you define as success - not to treat, diagnosis, give advice, plot a direction, base a discussion on doctrine or come with any preconceived judgments of you based on past history.

Part of working out the fit of working together on Team YOU is assessing if coaching is the right option for you given your goals and challenges. This initially will be done with a questionnaire about what you're looking for and what you want in a coach for the most important team...Team YOU.

So, this is Free?

Yes, this is pro bono work. I'm currently enrolled in the Royal Roads University Executive Coaching program. Putting my learning into action means I need to do more than read books, go to class and practice in the mirror. I have to find real people who are willing to let me learn from our work together. Should we work together, I will eagerly explain everything about the rules of confidentiality, my ethical obligations as a member of the International Coaching Federation (ICF - <http://www.coachfederation.org/>) and how I get marked so you know exactly what is going on at all times. Nothing will be done without your consent and we can stop at any time, pinky swear.

If you're ready ... let's have a chat about Team YOU!

Sandra Brooks
sandra.brooks@gmail.com