



Life Path Career Coaching

With you, beyond the horizon

THE COACHING CHECKLIST

If you read this checklist and tick all the boxes, you are ready and willing to participate in a coaching relationship. Coaching is about empowerment, learning, having fun and being prepared!

- Am I committed to setting goals, and putting ideas into action?
- Are my values and beliefs aligned in order to achieve my goals?
- Will I embrace change and new ways of thinking?
- Am I motivated and enthusiastic to achieve a new direction in life?

I can help you achieve goals, unlock your potential, succeed in life and realise your dreams!

Coaching is about changing your future. Life and Career coaching are intertwined and each work together so you can achieve your desires, goals and dreams. Coaching is a commitment and is a journey on a new and exciting path. I can work with you to:

- ✓ build confidence
- ✓ achieve career success
- ✓ gain clarity
- ✓ feel motivated; and
- ✓ set personal goals.

I can assist you with your life or career goals over a few hourly sessions. As your coach I focus on helping move you forward from where you currently are rather than spending a great deal of time exploring your past. Coaching is also not advice giving and I certainly don't tell you what you have to do.

I will work with you exclusively to brainstorm strategies, come up with ideas and set goals for yourself because you know best and you are the master of your life path!

Call me now for your complimentary 30 minute coaching session!



www.lifepathcoach.com.au

How does coaching work?

Coaching is not counseling, let me say that upfront. I am a career and life coach and if you choose me as your coach, I can offer exclusive one-on-one confidential sessions. Coaching is about changing your future path and leaving the past behind.

I will ask you questions that will uncover issues, misbeliefs, dreams, passions and goals. I will be here to guide and support you as an individual to achieve success.

FREQUENTLY ASKED QUESTIONS

Q How long does a coaching session take?

A Coaching sessions generally take 45 minutes to 1 hour. Often they are conducted on a weekly basis for the first two or three sessions. It is most beneficial to have coaching sessions once a fortnight for at least 2 months.

Q Why do I have to book so many sessions in advance?

A Generally coaching is not successful in a one-off hour session. You will make huge progress from our first session; however the real benefits will come towards the end when we plan an action plan and work towards achieving success.

Q What are the benefits to me personally?

A You will gain motivation and increase your self confidence. You will achieve goals much quicker, gain clarity and perspective. You will learn what drains you, what fuels you and what do you want to achieve in life.

There are different packages to suit your style, time, budget and personal requirements.

Some of the coaching packages that I offer are:

	Costs	Details
Total Package	\$275	1 hour coaching session, interview prep, resume , application review
Flying Package	\$300	4 x 1 hour life coaching sessions conducted on phone or Skype at weekly intervals
Accelerated Career Package	\$290	3 x 1 hour sessions held conducted on or Skype, with career and profile report
Profiler Career Package	\$425	2 x 1.5 hour sessions, profile report, resume, application, action plan, interview prep