



Are You Ready for Coaching?

Coaching is an investment of time and money, that's the obvious part. The bigger commitment is your time and energy to get clear on what's stopping you from the next steps in your life's work.

Coaching is a future-focused way to examine your strengths and challenges. We'll identify what you value, why it matters, how you're going to move into action and hold yourself accountable.

My Role as Your Coach

I ask great questions. I pay attention to what you're saying, and explore what is underneath the words and stories you share. I hold a mirror up to the unconscious beliefs that might be getting in your way. I provide honest feedback and compassionately challenge excuses and "good reasons." I bring years of experience as a leader working with people across the globe.

On Working Together

The clients I work with are high achieving, in that you want to live as fully as possible in all areas of your life. You know the only person that can make the change, is you. You explore what you can control and where you have choice to lead and live more fully.

Here are some qualities I find make for a great coaching partnership:

- A good sense of humour
- A curiosity about what is possible
- A solution orientated focus
- A willingness to experiment, learn and evolve

Part 1: Where is Here?

1. Why is now the time for coaching?

2. How would you describe this phase in your life and how you currently feel?

3. What's working right now?

4. What needs to change?



Part 2: Reflection on Life

Coaching rarely focuses on one area of your life, because everything is inter-connected. The following reflection may help you explore areas in your life with more clarity and identify future coaching possibilities. Grab a cup of tea, find somewhere comfortable and take some time to look at the life you've created (so far) and what could be next.

2.1: See the Big Picture

The chart below provides 9 life areas to reflect on. Ask yourself: "How Satisfied Am I?" Notice how you choose to score and whether you're basing satisfaction on external opinions of where you're at or where you should be. Use an internal focus for reflection and let go of the need to be a "ten" in all areas.

HOW TO USE THE WHEEL OF LIFE:

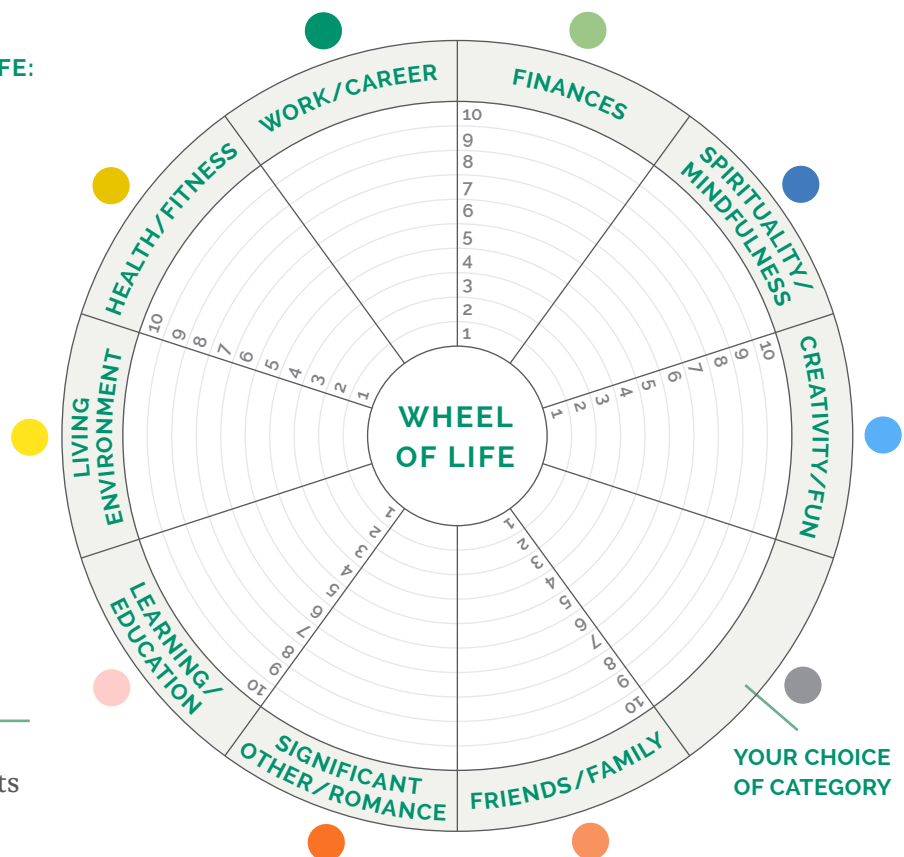
1. For each of the areas identified in the wheel, consider the question: "How satisfied am I?"

Score your satisfaction on a level of 1 – 10 by shading up to the line in each wedge.

*1 = low satisfaction
10 = high satisfaction











TIP: Use different colours if you have them!

2. Capture additional thoughts in the chart on the next page.



2.2: Big Picture Details

As you score the chart, take time to identify why you scored the way you did. What's working (even if you scored a 2) and what could change that will shift your score towards more satisfied?

<div>  WORK / CAREER </div> <div> <div></div> <div>SCORE</div> </div>	<div>  FINANCES </div> <div> <div></div> <div>SCORE</div> </div>
What's working? What's possible?	
<div>  SPIRITUALITY / MINDFULNESS </div> <div> <div></div> <div>SCORE</div> </div>	<div>  CREATIVITY / FUN </div> <div> <div></div> <div>SCORE</div> </div>
<div>  FRIENDS / FAMILY </div> <div> <div></div> <div>SCORE</div> </div>	<div>  SIGNIFICANT OTHER / ROMANCE </div> <div> <div></div> <div>SCORE</div> </div>
<div>  LEARNING / EDUCATION </div> <div> <div></div> <div>SCORE</div> </div>	<div>  LIVING ENVIRONMENT </div> <div> <div></div> <div>SCORE</div> </div>
<div>  HEALTH / FITNESS </div> <div> <div></div> <div>SCORE</div> </div>	<div>  YOUR CATEGORY </div> <div> <div></div> <div>SCORE</div> </div>



2.3: Big Picture Reflection

Look back at your wheel and reflect on the following questions:

1. What do you notice?

2. What surprises you?

3. What themes show up?

4. What areas are you proud of and why?

5. If you were to pick one or two areas to focus on, what would they be and why do they matter?

6. What's a first step you could take tomorrow and how will you know you were successful?

7. Who or what will support you in taking this action?



Part 3: Reflection on Resiliency

Resiliency is your ability to recover from stress, emotions and be flexible with emergencies that life throws your way. Please score the following on a scale of 1 – 10:

<p>How clear are you on knowing and setting boundaries in relationships and at work?</p> <p>RARELY <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> ALWAYS</p> <p>1 2 3 4 5 6 7 8 9 10</p>	<p>When do you seek support to help gain perspective and ask for help from others in your life?</p> <p>RARELY <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> ALWAYS</p> <p>1 2 3 4 5 6 7 8 9 10</p>
<p>How often do you practice mindfulness or a form of reflection to support mental and physical clarity?</p> <p>RARELY <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> ALWAYS</p> <p>1 2 3 4 5 6 7 8 9 10</p>	<p>When situations don't go as planned, can you quickly recover and shift into solving the problem?</p> <p>RARELY <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> ALWAYS</p> <p>1 2 3 4 5 6 7 8 9 10</p>

1. What story do your scores tell you?

2. What aspect of your life are you most skilled at navigating and why?

3. How can you apply some of those skills towards more challenging stressful areas of your life?

4. If you could simplify one aspect of your life, what could it be?



Part 4: Reflection on the Future

1. What future do you envision for yourself when you look ahead three years?

2. What actions are you currently taking to make your vision a reality?

3. What areas of your life feel unclear or out of your control and why?

4. If anything were possible, what would you create three years from now?

Life moves fast. Taking time to slow down think about where you're at and the future you want to create is important. If you're starting to get excited about the possibilities for coaching, send me a note and we'll connect.

Shall we begin? Email me to book a consultation call: info@elainebroe.com

