



## Daring2b – Heart Centred Living and Leading

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### Setting the Foundation

As a coach I am committed to:

Establishing confidentiality for the session together

Establishing a verbal coaching agreement

Establishing trust and intimacy with a client

- Genuine concern for client welfare and future
- Demonstrating personal integrity and honesty and sincerity
- Providing ongoing support and championing new behaviours and actions
- Asking permission before coaching a client in sensitive areas

Provide a coaching presence by:

- Being present and flexible
- Accessing own expertise and intuition
- Being open to not knowing and taking risks
- Creating a spontaneous relationship with the client
- Identifying major strengths and areas for learning and growth
- Asking the client questions that are judgement free

Designing Actions

- Brainstorming and assisting the client with defining actions
- Helping the client focus on or systematically explore specific concerns to deepen new learning.
- Engaging with the client to explore alternative ideas
- Promoting active experimentation and self discovery
- Celebrating the clients successes and capabilities for future growth
- Challenging clients assumptions and perspectives to provoke new ideas and find new possibilities for action
- Helping the client find ways to take action
- Encouraging stretching and challenges but also a comfortable pace of learning

Planning and Goal Setting

- Consolidating collected information and establishing a verbal coaching plan with the client
- Making plan adjustments to fit with the client need
- Helping the client identify and access different resources for learning
- Identifying areas of success for a client

Managing Progress and Accountability

- Ability to hold attention on what is important to the client
- Demonstrating follow through between sessions
- Acknowledging the client for what they have done
- Undertaking effective preparation, organisation and reviews with the client
- Being able to move between the overall big picture and closer focus or detailing outcomes or issues
- Promoting client responsibility and self discipline and holding the client accountable for what they say they are going to do, for the results of intended actions or for a specific plan for time frames
- Positively encouraging the client in pursuit of their actions

Regular and accessible coaching sessions

- Providing a suitable environment for a coaching session when meeting face to face
- Timetabling time that is mutually agreed
- Providing undisturbed time for coaching sessions

Name.....Date.....