

COACHING: THE WHO, THE WHAT, THE HOW.....

There are many definitions of coaching, as any quick Internet search will show you. The following is my personal view, which I would like to share with you so you may know me better.

Etymologically, the word “coach” developed from the old French word “coche” meaning horse-drawn carriage. A little later, the word “stage-coach” would become famous. Both were contemporary means of transport to get the passenger from A to B. The driver of the “coche” was called a “cocher”. His job was to listen to the passenger for directions and final destination and then get him/her there as quickly and as smoothly as possible. This is how I see coaching. You are the boss. You know where you are going and decide on the final destination. I may just be able to help you find your best route there...

The Who:

Me - student, teacher, art dealer, traveller, linguist, mother, wife, comedian., people-watcher inveterate, ex-future rock star, golfer, listener.

Some of my values - honesty, generosity, trust, respect, integrity, sharing, learning.

I am a Coach U graduate and Associate Certified Coach of the International Coach Federation (www.coachinc.com and <http://www.coachfederation.org/> respectively)

I have a mentor coach. I walk the talk.

But it takes two to tango...

You – the star of this show, written, directed and produced by you, need some focus and support at this time in your life.

Could do with a stagehand, prompter, ally, partner, cheerleader, encouragement, N°1 fan, an attentive and objective ear – in short, a coach

Would like a more meaningful and fulfilling life where your values and goals match.

Have already taken the first step by hiring a coach. Congratulations!

The What:

“Our chief want is someone who will inspire us to be what we know we could be” Emerson

You should expect me to give you unconditional support, be there for you 100% during our sessions, respect you as I respect myself, meet you where you are at, accept you as you are, understand how difficult it can be, be honest and objective, consider you as unique, believe in you, focus on your true goals, work towards simplification, always ask your permission to make a suggestion, tell you when I think you are ready to paddle your own kayak, walk the talk

You should not expect me to be your always-agree-with-you-friend, a guru, encourage unrealistic goals, practise any form of psychotherapy, enter into business agreements with you which would jeopardize our coaching relationship.

I expect you to be honest, truthful, committed to your goals, believe in yourself, be willing to focus, learn, grow and take action, to do and be your best as far as humanly possible, respect yourself, me and our relationship, prepare for sessions, say if you want to be pushed harder or are being pushed too hard, give me feedback on how you feel about my coaching, consider we are a team but you are the captain, be accountable and responsible for all actions or life-decisions you may make as a result of our coaching, ENJOY AND DERIVE ENERGY our sessions

Together we will reach the SMART (Specific Measurable Achievable Realistic Time-framed) goals you set for yourself. You are committed to your goals. I am essentially committed to you.

The How:

By a structured coaching conversation which I have been trained for an am experienced at.

This includes :

1. Listening skills, concentrating on what is being said and on what is not being said, picking up clues as to where you *really* are and what you *really* want.
2. Questioning skills, probing, clarifying, keeping you on track, focusing
3. Challenging, making requests, giving assignments or a BHAG (Big Hairy Audacious Goal) - always with your permission
4. Adapting my style to yours and meeting you where you are at
5. Using models and assessment techniques as necessary.

There will be hard work, much thinking, many difficulties overcome, maybe setbacks, successes shared and, I hope, discovery and fun.

I look forward to accompanying you on the way to wherever you truly want to go.

Elizabeth Auzan