



## What to consider when considering coaching:

1) Is it important to you that the coach share similar beliefs and values?

I am available to discuss my beliefs and values with you.

2) Is the coach's personal background or life experience important to you?

I am never withholding of information. I am very transparent. Please remember that this process is about *you* and your wellness. Therefore, I may inquire to the extent of how having this information about me may be helpful to you.

3) Are the coach's religious or spiritual practices important to you?

I believe in a creator. I believe in God. I believe in something greater than myself and that that something greater is also within me, and you. I am happy to expand on this concept with you.

4) Are you more interested in working on the past, present, or future, and what is the coach's approach?

I, personally, am less invested in work relating to our past. I view our power in a place of "now". I am willing to work with our past in a sense of uncovering roadblocks and/or resources. My approach of both counseling and coaching exists in the present (what is) and the future (what's possible).

5) What are the coach's credentials, training, and level of education?

This may or may not be important. What *is* important to me is the ethical responsibility of the professional. I follow and continue to seek education regarding the ethical and legal guidelines of my profession.

6) What is the coach's mission or purpose for becoming a coach?

This is a really big question and something that I will write a book about. I have had personal experiences in transformation from low to high, and as a result, I have experienced a preferred experience of (my) life. These are things that can be learned. It is my mission to share these tools with others so that more people can have happy, fulfilling lives.

7) What does the coach believe about objectivity and neutrality, and how do they achieve that?

I believe that both objectivity and neutrality are mandatory traits to a healthy, productive coaching relationship. These are qualities that can be learned and nurtured, and it is my responsibility to continue to cultivate an objective, neutral state of being. Read more about *how* I do that here. (Link)

8) What are the coach's specializations?

I specialize in getting people out of ruts and helping individuals get "unstuck". I am good at helping people find and nurture self-love and respect, including self-confidence, self-forgiveness, and leading to self-efficacy. I specialize in brief therapies such as Solution Focused Therapy/Coaching and Neuro-Linguistic Programming. I work with people in anger management settings and criminal settings. The core methods of Positive Change can be generalized to most individual needs and circumstances.

9) What are the options for meeting locations, and what is the coach's availability in between sessions?

I provide a private office setting. We can meet and go for a walk or engage in another light physical activity. I am available and happy to meet you at your office or home, according to what works best for you. I am available for team trainings and have a conference room available for larger groups if

needed. I am available outside of the office by request and offer consistent availability to my clients between sessions.

10)What is their fee and cancellation policy?

My standard rates and cancellation policy are listed in my intake form.

11)What is their termination policy or procedure?

It is important to me that clients are receiving value. I continually invite clients to discuss the track of their progress with me. Clients are invited to terminate at any time, and I regularly “check in” with clients to make sure we are working on what is relevant in their lives. As I have a personal investment in the people I work with, I ask permission to continue to correspond with previous clients following termination of services.

**\*How will you know that the coach is a good fit?\***

People who are generally a good fit with me have an interest in one or more of the following:

- Making a positive change
- Bridging the gap between where they are at and where they want to be
- Developing an openness to discovery
- Living a happy, fulfilled life
- Bringing joy and happiness to self and others

\*\*Please know that I love genuinely, and I trust that I am the right fit for those who seek my services. If you have further interests that are not addressed here, please contact me. I am happy to get to know one another. -Angelena