



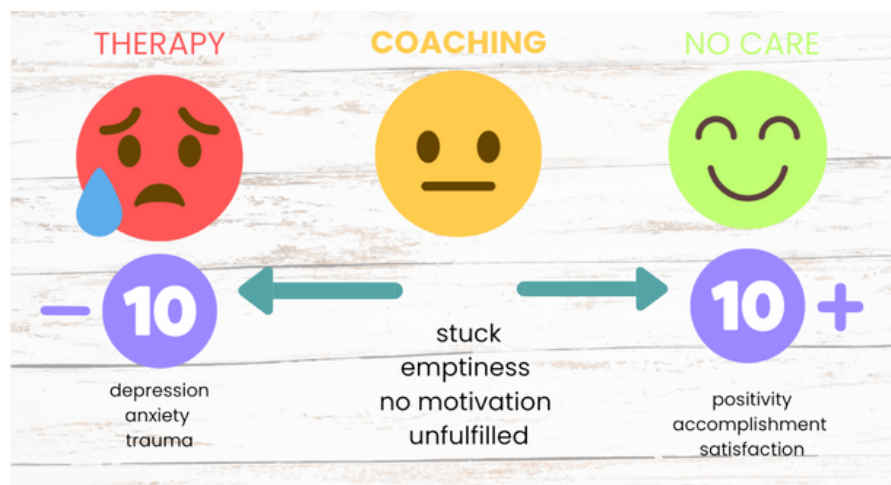
WHAT TO EXPECT AT A COACHING SESSION

What is Coaching? How is it different then therapy?

If some of these questions are running through your mind, you are not alone.

Coaching psychology is an area of psychology that is both research and practice driven using evidence-based interventions at the individual, group and organizational level.

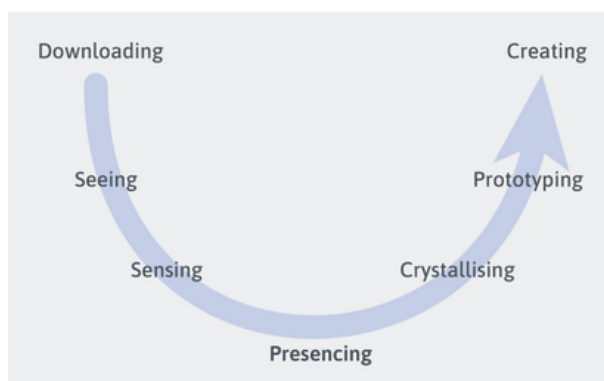
the scientific study of behaviour, cognition and emotion within the coaching practice to deepen our understanding and enhance our practice within coaching (Passmore, 2010, pg 4)



Martin Seligman Wellbeing Spectrum

As shown above, coaching falls between the spectrum of trauma and life satisfaction. As a trained coaching psychologist, I work with clients to examine their current present reality, challenge their obstacles and encourage new paths forward. All to promote wellbeing, resilience, positivity, strengths, growth and flourishing.

My coaching methods focus on Scharmer's U Theory of Presencing.



- Downloading: preconceived notions, habits and beliefs
- Seeing: stepping back to observe the current situation. Start to be aware of biases
- Sensing: tuning into feelings and intuition, collective wisdom of group, opening to new perspectives
- Presencing: heightened state of awareness and mindfulness, connect to deepest self, emerging future possibilities
- Crystallizing: insights become more concrete, from abstract to tangible actions
- Prototyping: experiment with new approaches, test ideas, learn from feedback
- Performing: implement solutions and changes discovered in the U

Rapport and Trust

Rapport in coaching focuses on the quality of the relationship and connection between a coach and coachee, in particular the coordination, mutual attentiveness and positivity between them (Tickle-Degnen & Rosenthal, 1990).

Trust refers to the mutual confidence and security in the coach–coachee relationship, which is essential for managing expectations, establishing boundaries, and developing clear, transparent and authentic conversations. Being supportive, non-judgemental and challenging (Gyllenstein & Palmer, 2007).

Through an agreed upon working alliance (Bordin, 1979) the collaborative and trusting partnership between the client and coach focuses on the key components – goals, tasks and bond, must be negotiated and agreed by the practitioner and client to ensure an effective intervention.

Area of Focus

I use principles in positive psychology, specifically Luthans' PsychCap model, Suzy Green's Flourishing model and Flow (Csikszentmihalyi 2007) Tools developed by me.

Other tools we may experiment with could be emotional intelligence testing, strengths testing, the VIA inventory, goal setting and Myers-Briggs personality tests.

I am currently accepting any clients, from children to seniors, people who want to get unstuck and find the motivations locked within themselves.

Is this for me?

One on One coaching allows us to explore who you are and what you want out of life. I believe in positive psychology and the use of Scharmer's U Theory of Presencing, but in our sessions, I really focus on Narrative Coaching.

This is where individuals speak about their lives, experiences and identities. It is all about sharing YOUR story.

Psychologist Dr. David Drake's (2007) narrative coaching method focuses on three levels:

- using narrative psychology to understand you the client, as narrators in support of your development and performance
- using narrative structures to understand the content that you narrated, I help reconfigure your story
- drawing on narrative practice to understand the dynamic in the narrative field, which help shape development of you

Ok, great....but what does that look like for you?

Well, the first session we have together is largely you being the narrator of your story. I listen, and listen well. Depending on your story and how descriptive a narrator you are, this may take 2 sessions, or perhaps half of one.

Then using well established structures we examine this story and work on reconfiguring it to lead to the path you truly desire. This will take tried and true tools, to help you implement this desired path.

The exact amount of sessions needed is unknown, usually a minimum of three is required.

What to expect at an appointment?

A cleared parking spot on the driveway will be available to you.

A sign on the door welcomes you in and an additional sign asks others to not use the doorbell.

We then ask you take a seat on the white bench, you can hang your coat up on the rack, and remove your shoes on the carpet.

Please wait there until I call you in.

You will be escorted into my office, adjacent to the white bench. You can choose your spot, either the cozy armchair, or stretch out on the lounger.

Tea or water will be offered to you and tissue is always close at hand.

Your story is safe with me, there are no taboo topics and you will always be presented with a non-judgmental, non-biased attitude.

I look forward to meeting with you soon! Book an appointment with me on my website or email me alicia@squidinkstories.com