

The *Really* Amazing™

LIFE COACHING QUICK GUIDE

“ Life Coaching is a creative process that is facilitated by a Coach, it seeks to make meaningful and effective changes to your life that have lasting positive effects. ”

WHAT IS LIFE COACHING?

Life Coaching is a process, it is what happens when you the Client get together with us the Coach. Together we create and develop ideas, goals that make a positive change to your life that is meaningful and useful to you.

WHAT DOES MY COACH DO?

Your Coach is kind of like your guide, a lot of people come to Life Coaching to achieve a specific goal or to work through and overcome a challenge (we call this an outcome).

Each outcome is unique to you and you know you want it but might not necessarily know how to get it. A Coach will use their arsenal of tools to give you the knowledge, understanding and resources that you need to achieve your outcome. Treat your Coach like a map of you, use them to plan your route from where you are now to where you want to be in the easiest, most practical way for you.

WHY SHOULD I HAVE LIFE COACHING?

If you have an outcome Life Coaching can help you. Us humans are complicated, there are all sorts of different thoughts, feelings, behaviours and beliefs. Sometimes these different parts of us conflict with our goal.

For example you want a new job but keep failing at your interviews so you decide to go see a Coach to help your confidence. After working with your Coach you find that you have plenty of confidence but actually you're really scared of failing so subconsciously the worry of getting a new job and being bad at it is causing you to panic in the interview meaning you don't get the job. In this example your Coach would then help you understand that fear, learn where it comes from and why you still have it then ultimately help you overcome it to achieve our outcome of getting a new job.

HOW LONG DOES LIFE COACHING TAKE?

This depends, in most cases if we are only working to achieve one outcome this can be done in less than six sessions. However this is all completely up to you as the Client. Some people find a couple of sessions are enough, others like a number of sessions spread out so they have plenty of thinking time in between and there are those who like regular sessions over a long period to keep on top of a number of outcomes.

WHAT HAPPENS IN A COACHING SESSION?

You start your Life Coaching process by having an initial meeting with your Coach called an intake session. In this session we like to get a good idea of you; where you are now, what you want, what your good at and what you'd like to be better at. Once this session has taken place we will create your Coaching Agreement, this is a little document that outlines our plan that we have created together for how we are going to help achieve your outcome. A Coaching Agreement will outline what your Coach has agreed to do and help you with (things like session times, frequency and any inbetween contact like emails) and what you have agreed to do.

Everything after this is completely dependent on you our Client as we tailor all of our sessions to your needs and preferences to make them work for you. To us you our Client deserve our attention and a unique experience to suit you perfectly like a nice tailored jacket.

SO WHAT IF I HAVE MORE QUESTIONS

We are a social bunch here at The Really Amazing™ and we have a team that is more than happy to have a chat with you and answer any questions that you have. Feel free to drop us a line by sending an email to hello@thereallyamazing.co.uk or you can always contact us by phone on 07539066880 or 07949839953. If you are contacting us by phone however we obviously don't answer the phone while we are in a Coaching session so please leave a message with your name and number and we will call you back.

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UNIT F2
WHEATSHEAF WORKSHOPS
RHOSYMEDRE
WREXHAM
LL14 3YE