

Before Your First Session...

You will complete an in-depth questionnaire that will give you some initial awareness of your satisfaction across different areas of your life.

At your first session, as well as getting to know one another, Rebecca will help you to set 3-5 overarching 'umbrella' goals that we will be focusing on during your coaching program.

We will discuss our Code of Ethics and agree and sign your coaching contract that outlines all aspects of your program.



Rebecca follows a number of different coaching models and will tailor an approach based on what you wish to discuss.

Each session you will decide which of your 'umbrella' goals you wish to discuss and we will break it down to formulate a specific goal to work on during the hour.

After exploring this goal, you will emerge with a set of achievable actions and their relative completion dates. The next week you will score your own progress to keep you on track.

Coaching is an opportunity for you to become more self-aware and make fresh choices to find new solutions and enjoy different results!