

NIGEL JONES

COACHING & MENTORING



CHEMISTRY SESSION - INFORMATION

COACHING
CHALLENGE YOURSELF

www.9kmby9am.com/coaching

One of the main aims of the Chemistry Session is to discover what it is you want from the coaching process and assess whether or not you are open and ready for coaching.

The Chemistry Session will explore your readiness for coaching – do you understand and are you willing to...

Create awareness – open to reframing your life and situations and seeing it in a new light? Do you have a 'growth mindset', or are you willing to embrace 'non-fixed' thinking?

Use internal/external resources – are you open to exploring materials that could give you new insights, and to dig deeper within yourself to draw upon previous under, or never used, internal resources?

Take responsibility for current/future situations – do you understand that you are responsible for your actions, both historically and in the future? It is not the job of the coach to suggest or direct, but for the client to own where they have been and where they are going.

Goal focussed – you do not need to arrive with a clearly thought-out goal, but you should have some understanding of what it is you want to change and where you want to go.

Measure progress – are you willing and able to perceive progress no matter how small and understand that every step takes you closer to where you want to be?

Want to learn – are you keen and eager to learn? Open to change and development? Moving or willing to move from a fixed to a growth mindset?

Open to challenge – coaching, like most growth, means being moved out of the comfort zone. Are you willing and able to do this?

INTERNATIONAL COACHING FEDERATION (ICF) & CHEMISTRY SESSIONS

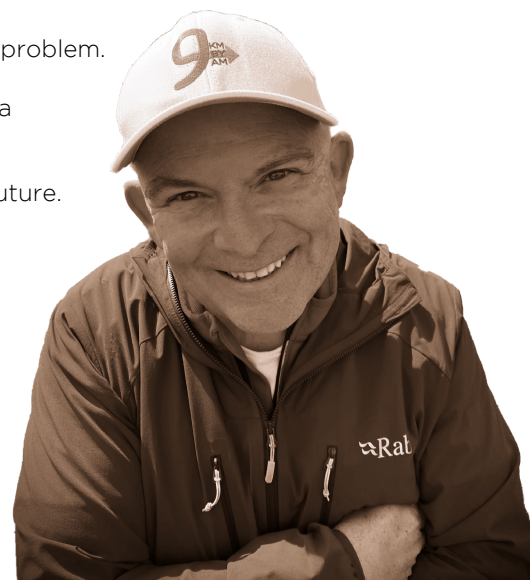
The ICF have outlined what they believe make Chemistry Sessions powerful, highlighting three key steps to creating powerful coaching sessions:

Connect – create a deep connection with the person, and not just the problem.

Create – clients are created. Help them to see how you can co-create a positive way forward.

Invite – invite them on that journey to move forward into an exciting future.

YES YOU CAN



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TYPICAL CHEMISTRY SESSION AGENDA

A Chemistry Session lasts between 30 and 45 minutes. A typical agenda will cover...

THE RELATIONSHIP

Introduction to each other

- a bit about the coach - background and coaching style
- a bit about the client - interests, vocation

An understanding of what coaching is and is not...

- Listening, reflecting, paraphrasing, challenging
- Help to shine a light on resources you may have lost sight of, expanding thinking and awareness
- Sharing intuition and helping you to find the answers

Location of coaching - in person or over Zoom.

Set the framework for the coaching relationship.

Clarity about what you want to be coached on, which in turn helps to create...

- Time frames for coaching
- Frequency of coaching - how many sessions are likely to be required

GOALS

What would the end goal look like - at the end of the coaching relationship where do you hope to be?

How will you know you have achieved this at the end of the coaching process?

What do you need from the coach to get you to where you want to be?

MOVING FORWARD

The coach will develop a working contract summarising the agreements made in the Chemistry Session.

A copy of the agreement / contract will then be sent to you to sign before coaching can commence.

The agreement/contract will include:

- Coach & Client Obligations
- Fees & Expenses
- Coaching Sessions - Timings & Duration
- Confidentiality
- Referrals
- Supervision
- Cancellation Policy

YES YOU CAN

