

## Coaching Policies

I coach 6 people at any given time, all on **Tuesday**. Coaching contracts begin in January and July, and each contract is for six months.

The contract is like a retainer, with bi-weekly scheduled calls, (twice a month) for the duration of 6 months. If the person being coached misses calls, they can make them up during the 6 months. When the 6 months is up, any time not used is forfeited and the Tuesday time slot is either renewed or reassigned. It's like buying a ticket to your own performance, if you don't show up the ticket is past redeeming.

This is how the 6 coaching places break down:

Self-leadership coaching -- 4 places

Bi-weekly calls, 6 months, 45 -50-minute calls  
\$1000/month, \$6000 per contract

Student scholarships, by application -- 2 places

Bi-weekly calls, 6 months, 30 minute calls  
\$400/month, \$2400 per contract

## Scheduling

Coaching **Tuesday** has eight possible spaces. All times are listed in US Central time, like Chicago or Dallas. These are the possible time slots.

7:00            8:00            9:00

12:15          1:15            2:15

6:30            7:30

If you want a place in the next coaching block, phone or e-mail by the 1<sup>st</sup> of June (for July start) or the 1<sup>st</sup> of December (for January start.) List two preferred coaching times. Final scheduling takes place mid-month for the start of the next block of coaching.

## More information about types of coaching:

### Self-leadership coaching

Self-leadership coaching can be renewed any number of times, or these individuals may take time off and will be given preference to return for a future contract period. Self-leadership clients have extensive access through text, e-mail and check-in calls.

### Student scholarships

Eligible to any student graduate of an Aligned Action International course, by application. This coaching can be used to fulfill ICF mentor coaching requirements.

Students can take a scholarship place for one block only. Scholarship clients have some access through text, e-mail and check-in calls.

### **About how I choose**

Self-Leadership coaching places are first come, first served, and fate and timing decide. The process is different for scholarship students. Because there are only two places, scholarship students will be selected in early-June for July and early-December for January. Students can re-apply any number of times.

Submit an application by sending:

1- a one paragraph background of your coach training and experience, with details of the training hours/training organizations,

2- a total of your hours of coaching experience, both paid and pro-bono,

3- two client's contact information for reference,

4- The name(s) of your former coach(es).\*

\*(Why this? I have found that the best predictor of success as a coach is how committed people are to their own growth, and to what extent they choose to work with a coach. Congruence, walking the talk!)

Thanks for your interest. If the time is right, I look forward to working with you.

All the best--

