

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. For individuals with a “last working day” date, we will choose your start date to fit your retirement timetable.

The contract is like a retainer, with two hours of coaching divided as you like for each of the 6 months. You can choose weekly half-hour calls, bi-weekly hour-long calls, or five-minute calls every day. It might take a couple months to find a time structure that supports you best.

If you miss a call, you can make it up in any way you like during the 6 months. When the 6 months is over, any time not used is forfeited and the Tuesday time slot is either renewed (if you want to continue) or reassigned. It’s like buying a ticket to your own performance, if you don’t show up, the ticket expires.

This is how the 6 coaching places break down:

Self-leadership coaching -- 5 places
\$1000/month, \$6000 per contract

Student scholarships, by application -- 1 place
\$500/month, \$3000 per contract

Scheduling

Coaching **Tuesday** has eight possible spaces. All times are listed in US Central time, like Chicago. 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 1st of June (for July start) or the 1st 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

Think for yourself. That’s what self-leadership is. Develop self-awareness and make conscious choices that aligned with who you are and what you want for the world. It is particularly appropriate for gig workers and for people designing their retirement or another kind of life transition.

This category of coaching can be renewed any number of times. If you take time off you'll 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 ACTP course, by application. This coaching fulfills ICF mentor coaching requirements.

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

About how I choose

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

All the best--

