

The Process

Coaching is a process where a person is supported in stretching to obtain what in some cases may seem unattainable.

- Each session you and the coach sit down for one hour.
- This hour will vary depending on:
 - Where you are in the cycle
 - What has happened in your business and life since the last session
 - What you feel you need direction on.
- You will define what is most important to you and your business
- You will define goals, plans and execute the process
- The coach will keep you accountable for what you said you would do since the last session.