



## Coaching Services Overview

**Are you ready to thrive?** Are you ready to take the journey from where you are to where you want to be? Do you find yourself trapped in the glass house of the ordinary with the extraordinary in view? If you're looking for a way to get **"unstuck"** and figure out your next steps—then coaching might be the answer you've been looking for! A personal coach can help you simply get more out of life!

Read on and find out more about how **Encouragement Coach™ Felicia Scott** can help you assert your right to an extraordinary life!

### What Is Coaching?

Professional coaching is an alliance between the client and a qualified professional coach. Through the process of one-on-one coaching, clients identify their life goals and priorities; while developing strategies and action plans to achieve results.

### How Can Coaching Benefit Me?

Through coaching you will realize your dreams, gifts and power by revitalizing your life from the inside out. You will reconnect to what matters most to you in life!

- **Coaching Is A Transformational Process.**

The coaching process can literally transform your life! Through empowering questions, a coach stimulates you mentally, emotionally and spiritually. Coaching can reframe your paradigm of life, relationships, career, etc. A professional coach doesn't give advice, but partners with you to discover the answers that work best for you.

- **The Coach-Client Relationship Is Transparent.**

The right coach recognizes your greatness and calls it out of you! In the coaching relationship, you are free to be yourself without fear of judgment. In this authentic environment, you are empowered to challenge your perceived limits and explore the possibilities!

- **You Are The Sole Focus.**

Through support, encouragement and accountability you are inspired to do more than you could alone. In the coaching relationship—**you** are the focus. A coach helps you to live with purpose and in agreement with your true values.

- **Increased Productivity.**

**The statistics tell it all!** Studies show that both business and personal coaching foster increased productivity by helping the client craft a more balanced and fulfilling life. The Manchester Inc. study reported a **53% increase in productivity**; a **39% increase in customer service** and a **22% increase in bottom-line profitability**. A Metrix Global study of **Fortune 500 executives boasted a 788% return of investment on coaching**.

### How Does Coaching Work?

The client determines the coaching agenda. You can work on anything from managing relationships, career transition, losing weight or starting a new business. The coach then supports the agenda by helping the client to discover solutions and holding them accountable to their commitments.

## Who Does What In Coaching?

- **The coach's role is to:** provide assessments and observations that promote the client's self awareness, act as a sounding board, practice intuitive and deep listening so that the client's voice can really be heard, help the client strategize and prioritize, foster shifts in thinking that reveal fresh perspectives, and practices complete confidentiality.
- **The client's role is to:** be willing to challenge current beliefs and perceptions, follow through with agreed upon growth plans and assignments and be willing to devote the time and energy necessary to making real changes.

## How Can I Know Coaching Is For Me?

*Ask yourself the following:*

- How willing am I to do whatever it takes to make the changes I want?
- How much would my life change if I had someone holding me accountable on a regular basis?
- Would working with someone help me to achieve greater results?

**The true power of coaching is that it introduces you to your greatness.** Get off the sidelines and get in the game. Email [coachme@butterflyworks.net](mailto:coachme@butterflyworks.net) to schedule a complimentary session.