

Coaching

Alice came to a fork in the road. 'Which road do I take?' she asked.
'Where do you want to go?' responded the Cheshire cat.
'I don't know.' Alice answered.
'Then, 'said the cat, 'it doesn't matter.'

Coaching is a partnership formed to help people get from where they are to where they want to be. We look forward to the possibility of working together and helping you get to where you want to be!

All coaching relationships begin with a complimentary session to establish what you are looking for and if you feel comfortable. Not all coaches are for all clients, so this initial assessment is vital for the future coaching relationship.

Caterpillar Spirit Coaching focuses on:

- Life Coaching
- Transition Coaching
- Intercultural Coaching

What is Coaching?

Coaching is a dialogue between you and the coach to establish your values, goals and beliefs and to identify a plan to meet these goals. A good coach asks the right questions and has the right tools and techniques to empower you to find the answers. Keep in mind the following key points in coaching:

- Coaching is grounded in the present and the future, not the past.
- Coaching creates action-oriented goals.
- A coach walks by your side and inspires you to stay in action.

What can I achieve through Coaching?

- Create a road map for achieving what you really want
- Discover the answers within yourself
- Clarify your values
- Have a sounding board for new ideas, perspectives and fears
- Receive support in making life changing decisions
- Expand your views beyond your perceived limitations
- Receive knowledge, resources and support to meet your goals

Coaching

Coaching Programs

Caterpillar Spirit offers a variety of different coaching programs so you can decide which program is best for you.

ButterflyCoach

ButterflyCoach offers three (3) x50 minute monthly coaching sessions by telephone and a written summary and action sheet following each session delivered via e-mail. The fourth week in each month is used for personal reflection and recharging. It is easiest if our sessions are conducted at the same time each week. Clients call the coach directly.

ChrysalisCoach

ChrysalisCoach offers one (1) x50 minute coaching session by telephone and a written summary and action sheet following the session delivered via e-mail. Also included are two (2) e-mail “check in and encouragement” sessions each month. These e-mails include feedback, questions, insight and encouragement. They also include your updates as to how you are doing. Clients call the coach directly.

CaterpillarCoach

This program includes three (3) monthly e-mail sessions delivered once a week, designed to give you perspective, encourage you and help you stay on course. These e-mails will be tailored to challenge you to succeed based upon goals set in our first e-mail session.

Changes and Cancellations

In the event that you need to change or cancel a scheduled session, I ask for 24-hour notice. In turn, I will extend the same courtesy to you, should I ever have to reschedule or change a session. It is also expected that we be prompt for our sessions. If I am late for a session, I will pro-rate the hour and refund the time lost. If you are late for a session, the time lost will not be made up. If you miss a session completely, that session will not be made up. Should I ever have to cancel a session in less than 24-hours, you will receive an additional session at no charge, in addition to re-scheduling the cancelled session.

Extra Calls

It is often the case that so much of the coaching process happens in the time in-between coaching sessions. As such, I am happy to be available to you should you get “stuck” or are trying to break through an issue between scheduled coaching sessions. I will do my best to be available. I ask that we keep these calls to 10 to 15 minutes. An e-mail is also accepted during these times. I will try to respond within 24 hours. This is a great way to announce wins and accomplishments between sessions or a needed word of encouragement.

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Following our first session, the first month's fees are due. Following the first month, payment should be transferred by the 5th of the month. At this point, payment is made for 3-months at a time.

Cost:

ButterflyCoach	450€ per month
ChrysalisCoach	250€ per month
CaterpillarCoach	150€ per month

Prices do not include 19% MwsT / VAT.