

COACHING WITH KIM

An explanation for new clients



"A COACH
SHOULDN'T PUSH
YOU OR PULL YOU
ALONG - A COACH
SHOULD WALK
ALONGSIDE YOU."

Kim Stezala,
Leadership Coach



**YOU HAVE BIG PLANS
AND ARE COMPLETELY
CAPABLE OF ACHIEVING
THEM...BUT HOW DO
YOU MOVE FORWARD?**

Quite often, despite your best intentions, you can't seem to breakthrough on your goals.

By relying on a proven mix of Intention-setting and action-planning, coaching can help reignite passion and progress to accomplish your goals.

How does it work?

LEARN MORE



COACHING READINESS:

Are you hungry for change?

Are you serious and committed?

Coaching is a relationship built on trust and transparency, not only between the coachee and coach but internally with yourself.

The foundation of coaching is the mutual agreement to focus on a different future. It involves deep **curiosity**, active **listening**, powerful **questions**, creating **awareness**, **challenging** the possibilities, planning for **action** and committing to **accountability**.

Coaching is NOT counseling, therapy or consulting. It is a unique form of self-help based on the tenet that every individual is creative, resourceful and whole, and capable of positive change.

A coach can encourage you and challenge you, but only YOU can transform yourself.

Schedule a complimentary call to explore coaching with Kim.

Kim Stezala, Coach

Senior Partner

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DESIGN GROUP
International™

TYPICAL COACHING SESSIONS:

INITIAL COACHEE
PROFILE WORKSHEET

50 MINUTE SESSION
5 MINUTE WRAP UP
ACTION IN BETWEEN
COACHING SESSIONS

1 X PER MONTH
6 MONTH MINIMUM

PHONE OR VIDEO CALL
(confidential)

About Kim Stezala:

Kim is an Executive Process Consultant through the Society for Process Consulting and a Senior Partner with Design Group International.

Her vocation is to help leaders and organizations transform for a vibrant future.

Kim has completed International Coach Federation training and is devoted to the development and encouragement of leaders who are ready to invest in themselves.