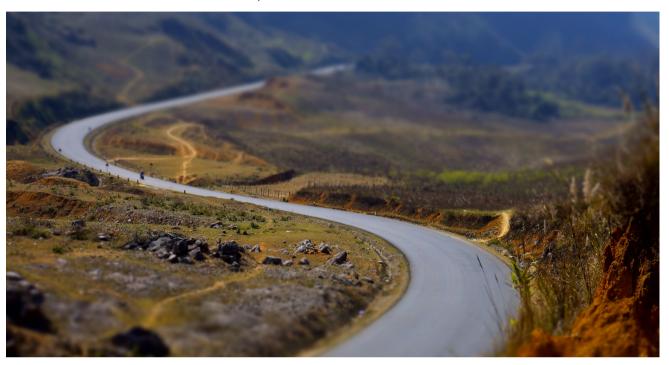
COACHING WITH KIM

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

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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.