

# The Coaching Process.

## **BOOK A (FREE) DISCOVERY CALL:**

Start your Wellness Journey in a Free 20-Minute Discovery Call. Here, we'll briefly discuss your goals, and decide if you and I are a good fit to work together? If we are, I will outline the next steps to prepare for starting our coaching partnership (See Below)

## **SIGN THE CONTRACT:**

After we agree to enter a coaching partnership. I will send you a straightforward and transparent Coaching Agreement to sign.

I also ask you to complete and return a Holistic Well-being Self-Assessment and Medical Release (GP) Form. Then you and I can schedule our First Coaching Session.

## **PAYMENT AND INVESTMENT:**

A simple payment process (Paypal & Stripe) You choose to make the necessary coaching package fee payment before coaching starts

## **FIRST SESSION; CREATE YOUR WELLNESS VISION:**

We will explore your Well-being Assessment findings and coaching objectives. You will create a 3-Month Wellness Vision Goal.

This supports your 3-Month Wellness Vision (SMART) Goal Plan creation, in our second coaching session.

## **SECOND COACHING SESSION:**

### **CREATE YOUR WELLNESS VISION SMART GOAL PLAN;**

Your unique Wellness Vision (SMART) Goal Plan helps you make and take your chosen lifestyle behaviour change goal action. This will include strategies and steps aligned with your goals and vision.

## **FOLLOW-UP SESSIONS AND CHECK-IN SUPORTS:**

Follow up sessions help you create and update your Lifestyle Behaviour change actions towards achieving your Well-Being Goals. In-Between Session Check-In Messaging helps you to monitor, adjust and be accountable with your goal progress.

*Emmet Quigley*  
HEALTH & WELLNESS COACH