

Sample GUIDE Life Coaching Engagement



Gather. Assemble and codify your objectives for our engagement. Concrete, actionable and achievable, tailored to you.



Unique background. There is no “one size fits all” approach to Coaching, and we can adjust the approach to best suit your background, whether pacesetting, participatory, or at times directive in approach. We recognize the Unique You.



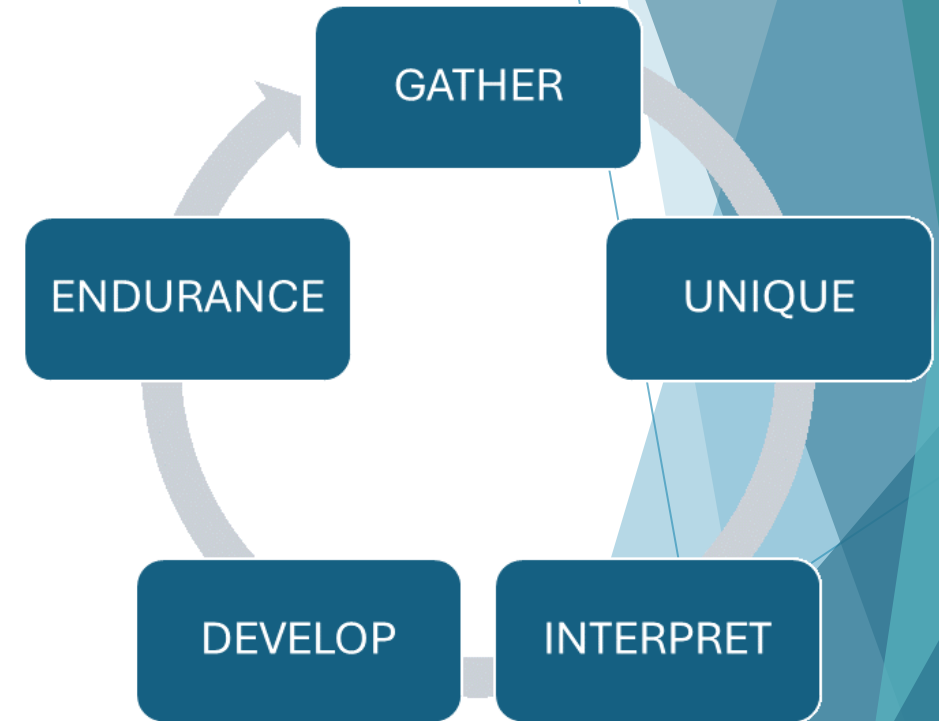
Interpretive. We continuously identify and refine your strengths and needs, informing the pace and scope of our collaboration.



Develop. Together we will iteratively build transformational behaviors.



Endurance. Coaching is only successful if you can sustain your results for the long run. We will jointly develop a plan that ensures you keep your hard-won gains.



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Intake + Clarity Mapping (G,U)

Focus: Get clear on what's really going on beneath your request for coaching

- Explore life/work context and current stressors
- Clarify what "confidence", "boundaries" and "follow through" look like in your life

- **Tool(s):** Visualize "Wheel of Life", Values Discovery
- **Outcomes:** Refined coaching goal and initial areas of focus (i.e., stress, confidence or boundaries)

Boundaries Without Guilt (U,I)

Focus: Build healthier relationships by saying "no" and preserving energy

- Explore current relationship to boundaries (where you give too much, too easily)
- Boundary setting scripts and language
- Emotional vs. practical boundaries

- **Tool:** STUCK Methodology intro
- **Outcome:** A real-world scenario to apply to a boundary

Stress Style + Nervous System Reset (I,D)

Focus: Understand personal stress response and how to self-regulate

- Identify personal signs of stress (behavioral, emotional, physical)
- Daily rituals: decompression

- **Tools:** "Stress Loop" and simple stop/reset plan; STUCK Methodology
- **Outcomes:** 5-minute stress reset plan / daily grounding habit

Reclaiming Inner Confidence (D)

Focus: Replace self-doubt with alignment and self-trust

- Explore inner critic vs. inner mentor
- "Evidence List" and "Confidence Anchor" exercises

- **Tools:** Reframe past wins and forgotten strengths; STUCKs
- **Outcome:** Choose one area of life to lead from confidence (work, relationships, decisions)

Integrity + Follow Through (D,E)

Focus: Build habits and mindset that support commitment to your beliefs

- Explore personal betrayal of needs and beliefs
- Accountability structure (STUCKs, habit tracker, calendar, anchoring phrases)

- **Tool:** Habit Tracker
- **Outcome:** Value-aligned action to commit to in following week(s)

Integration + Next Steps (E,G)

Focus: Reflect on what's shifted and map sustainable growth going forward

- Review wins, patterns and new practices
- Identify ongoing challenges and navigation strategies

- **Tool:** Personal Mission Statement
- **Outcome:** 30-90 Plan, with goals, self check-in approach and confidence touchstone