

WHAT DO YOU KNOW ABOUT COACHING?

The International Coaching Federation defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Reid Ready Life Coaching adheres to and apply this definition as our understanding about coaching and its effectiveness in helping individuals and organizations achieve goals and overcome obstacles.

Coaching is not therapy, consulting, mentoring, or advising. A Reid Ready® Coach will not tell a coachee what to do. However, we will hold space for our clients to explore, experiment and discover their own strengths and capabilities while empowering clients to find their own answers or resources to live their best lives. Our goal as coaches is to use evidence-supported coaching tools and approaches. However, Reid Ready® Coaches go further. We also implemented, meditative and therapeutic techniques, with a pluralistic view, as tools to help our clients harmonize their lives, achieve goals, or cultivate awareness to ensure optimal personal and professional outcomes.

Helping coaching professionals develop key skills to ensure they meet our understanding and application of coaching contributes to promoting consistency in the coaching industry. Therefore, when our coaches complete their training with us, or when coaches come to us for coaching services and support, they can feel confident in their competency, transformation, and profession as coaches.

Why Mindfulness Coaching?

Here at Reid Ready® Life Coaching, we focus on mindfulness coaching that is solution-focused. Mindfulness refers to a harmonious mental state cultivated by focusing your awareness on the present moment while accepting your feelings, thoughts, and bodily sensations as they are, without personal judgment. When you combine mindful techniques with solution-focused coaching, you are better able to manage stress, uncertainty, and self-sabotaging behavior during the goal attainment process. Plus, you can improve self-awareness, and help your clients do the same.

What Happens in Your Session with a Reid Ready Coach?

In your coaching session, your coach will not pick apart your past, or make you divulge family secrets. You are not psychoanalyzed, and you will not be diagnosed with a mental illness. Every client is seen as capable of achieving their goals. But, like all humans, life can throw you off balance. You are coming to a Reid Ready® Coach because you might be stuck, unmotivated, or have lost confidence in yourself or others. You might be struggling with your small business, public image, or career. Therefore, we are here to redirect you back to what is most beneficial and important to you.

In each session, you choose the focus and direction of the discussion. Your coach will intently listen, contribute their expert observations, and make necessary inquiries. Each session will focus on where you currently are and what you are willing to do to progress to where you envision your next level to be. Both you and your coach understand that results are based solely on your intentions, choices, and actions. However, your coach will support you during the entire process.

One of the key benefits other coaches come to us is they know we are coaches too! We understand the complexities with owning a coaching business, professional development, and establishing yourself as a “real” coach. So, we will readily identify with your pain-points because its highly likely our coaches have had some of the same concerns and goals as you do.

What to Expect from Your Coach?

- Your coach is committed to your success and believes that you can find suitable answers on how to monetize your knowledge, build your coaching business, or improve your life.
- Your coach will challenge you and compassionately push you out of your comfort zone to open your mind to new experiences.
- Your coach will discover, clarify, and align with what you desire to achieve.
- Your coach will work with you to develop and generate your own solutions and strategies.
- Your coach will provide an open, honest, and caring dialog and environment for you to freely and safely explore options, ideas and thoughts.
- Your coach will encourage you to be accountable, responsible and actionable.