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# MIRROR™ COACHING FRAMEWORK

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- **M** – I offer you a safe-space to "**meditate**," reflect, and experiment with your feelings, thoughts, experiences, and ideas to clearly envision what you want
- **I** – I “**invite**” you to "**identify**" exactly what's in your way or holding you back from being you or reaching your goals
- **R** – I help you "**recognize**" your full potential and affirm what you want, while holding you accountable to yourself
- **R** – We brainstorm to identify and "**re-evaluate**" your options and priorities
- **O** – We partner to discover how you can "**optimize**" your resources and identify appropriate supports to keep you on track
- **R** – I help you "**realize**" the best next steps and actions you want to make to meet your needs and overall goals.

My **MIRROR™** framework is an invitation for you to give yourself permission to be yourself in the coaching process, make mistakes on the journey and accept your outcome without guilt or emotional attachment. The overall goal of my approach is to help you see your situation and options as they really are and help you make mindful, objective decisions.

If you want to see the **MIRROR™** framework in action, book your free discovery session with me today! [Coaching@ReidReadyCoaching.com](mailto:Coaching@ReidReadyCoaching.com).

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