## Name: JAMES APOLLOH OMENYA Date: 09/08/2021

**Primary Coaching Goals**

Identify *up to* 3 primary areas you want to focus on during our coaching relationship. The goals should be challenging (so you remain interested) and achievable (realistic). To help you, try answering the question:

**"How specifically would you like you, or your life, to be different after coaching with me?"**

For each focus area write a simple heading and do your best to describe 'measurable' results - how you'll know you have succeeded or are on track. For example:

|  |  |  |
| --- | --- | --- |
| **Example Goals:** | 1) BE MORE PRODUCTIVE AT WORK | 2) HAVE MORE QUALITY TIME WITH MY SELF |
| **I'll know  I've succeeded when:** | I have a system to follow up on calls and emails, I'm on time (or early) for meetings, I get 90% of my tasks accomplished, I complete project x. | I'm home from work by 6pm, take time to ease out and rest, once a week I go out with a friend and do something fun together, I feel more energised. |

**GOALS**

**1. Health Goals:**

I would love these goals to be divided into two that is mental goals and physical goals.

I’ll know I’ve succeeded when: mental goals such us Eating healthy, Sleeping well, Cycling challenge and Drinking lots of water and physical goals that is Stretching and running are all working in me reason I think that they’ll help me in being very productive in my day to day activities.

**2. Careers/work goals:**

These goals I would love to divide them as follows: Being Very productive at work that am currently doing at A Rocha as well as self-development goals which include taking the challenge of learning this programming language called R and GitHub and to take the challenge of understanding the concept of Data science.

I’ll know I’ve succeeded in being productive in my work when am very active in it, understanding, and being able to make some positive inputs and good acceptance from my fellow work mates. I’ll also know that I’ve succeeded in my self-development goals such us learning R and GitHub when you will have assisted me in my time management skills since I have my friend who is ready and willing to take me through them on a given time frame that is four months. One other important thing to point out is that am looking forward to furthering my studies and basically I wanna major in Data Science in my future studies. At your personal level will you assist me in finding opportunities/scholarships, for this just take your time as with no hurry at all.

**3. Relationship Goals**

This goals includes my relationship with my workmates, Relationship with my friends and families and long term relationships

The success of this goals I wanna leave them for you, I would love that you be as a guide to me on how best should I treat my friend and my work mates when should I know that what am saying or talking is hurting people, How do I work out my general/personal activities in a way that they don’t tend to be pleasing anyone but still make me very happy and pleased. How do I plan for my future relationship and probably marriage life as well. I’ll know that I’ve succeeded when all these have been answered.

**Secondary Goals**

These secondary goals are included to give you additional value from coaching. You will work on these yourself during the coaching period.

**Notes for setting Secondary Goals:**

1. These goals are a secondary focus of our coaching. They're usually small things and may have been 'niggling' at you for some time for example ridding yourself of mental and physical clutter. Some examples could be to clean out the hall closet, update your resume or compliment my friend/colleagues once a day until it becomes a habit.
2. These goals must be distinct from the primary goals.
3. You must be able to state the goal in one sentence.
4. The goals need to be measurable in some way, with the measure as part of the goal.

**Goal 1:** Being mindful in using my phone during my work throughout my week at the work place and to reduce social media use, help me to practice being in my social media for either two hours in the morning or evening.

**Goal 2:** Reading my bible as the first thing in the morning just when am from bead.

**Goal 3:** Cycling goals, I wanna be cycling for adventure and once in a while join my fellow cyclist, when am cycling I feel very motivated to doing my work and very refreshed, I have some very interesting personal story about this only for you.

**Goal 4:** Self-development goals (improving my house, Reading a book)

**Goal 5:** Helping people by offering physical support, encouraging friends (I love this a lot and blessing them too)

**Goal 6:** I don’t have a proper well written resume and I thing you can help me to figure out on how best to do it, only if you are willing.

**Goal 7:** You can assist my to figure out about this seventh one thank you