



Working together

Our working relationship is a partnership based on mutual commitment and trust.



Clarify your goals

What do you want to achieve? Sometimes the goal is clear and loud, sometimes it is dissimulated.



Explore the possibilities

What kind of solutions are readily available to you? How can you reframe the problems to reveal new possibilities?



Assess the reality of your situation

How far is your goal from where you are now? What are the obstacles on the path from where you are to where you want to go? What are the constraints? What are your strengths and weaknesses?



Assess the possibilities and decide on the best solution for you

What do you need to do to make it happen? How will you motivate yourself to stay on track?

Although the coaching plan looks like a linear progression, in reality it is an iterative process that allows for ongoing evaluation and readjustment.

Together we work to clarify your goals, identify the obstacles on your path and open up the field of possibilities to move forward. I help you draw a realistic roadmap and set yourself in action.