



## Working together

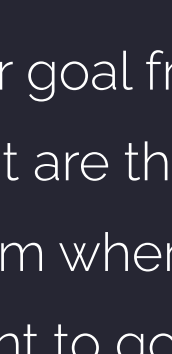


### *Clarify your goals*

What is it that you want to accomplish?

What do you want to achieve?

Sometimes the goal is clear and loud,  
sometimes it is dissimulated.



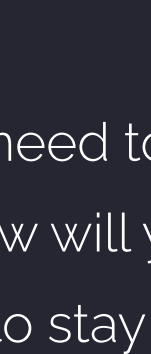
### *Assess the reality of your situation*

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?



### *Explore the possibilities*

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



### *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.*



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