

## Coaching Services

Our services are always custom designed to meet your personal, professional or organisational development needs. The solution options include coaching and learning programmes.

We are pleased to be able to offer the following coaching services for both life and corporate needs, and we acknowledge that some coaching relationships involve a combination of many of these mediums.

### In Person Coaching

Many people prefer the personal relationship dynamic of being in the same place at the same time.

You come to your coach, or your coach comes to you. Maybe the meeting spot is in an office, or if it suits you better (and you're OK with the lack of privacy) the coaching session can be at a café or in a park.

Typically, the client comes to the coach however. And there are a number of valid reasons for that, including that by changing the typical environment for the client, the success of the entire change process increases.

In some corporate coaching relationships, the coach may come to the workplace. In fact, if there's more than one participant going through a coaching programme, it often works best for the coach to be in the office with a "coaching schedule" and participants book appointments during the allotted coaching hours.

There are times where a complete rethink of the coaching environment is in order, and where creativity might flow a bit better. Therefore some coaches and clients agree to every so often meet at a café or in a park, or possibly by the beach. It depends on the relationship and what's the best environment for the coaching conversation at that time.

Please note that sometimes when the coach has to travel to the client, there may be an increased fee for that session.

## Phone Coaching

Phone coaching is convenient and effective. You can get the coaching when you need it and be able to easily slot it into your busy schedule.

Some have questioned if it is as effective as in-person coaching. All the evidence thus far indicates it is equally effective when all parties are committed to the coaching. For example, body language messages are still picked up over the phone.

In fact, in a number of examples we've found that phone coaching can be more effective because the coach and client can often "work faster" than in some other situations.

Coaching over the phone in between in-person coaching sessions is also quite common, as it provide an extra level of support for the individual when they need it most.

## Email Coaching

Email coaching is mostly run through our [askacoach.com](http://askacoach.com) service. It is also provided as additional support in between in-person and phone coaching sessions.

There is a difference between a follow-up email and an email coaching session.

Coaching via email is a focused conversation in print, with a logical process flow to support the client and often includes clarifying questions, exercises and attachments. The coach researches our Incredible Awareness Resource Library in order to provide the most relevant and practical resources to the client.

## Group Coaching

We define group coaching as a group of people, such as an organisation or a team or simply those who share the same profession or interests, who have a common topic they require coaching support for. We then provide that coaching to the whole group, often through a learning event like a seminar, workshop or Playshop, and then follow up with individual coaching for each participant. This may involve a number of learning events with coaching sessions in between.

Due to the nature of this type of coaching, extra care is taken to ensure the design of the whole learning/coaching programme meets the needs of all the stakeholders.

## Laser Coaching

This is a popular and unique service where the coach is on retainer and the client calls the coach when they need them for on-the-spot, highly-focused coaching sessions. These sessions typically last 15 minutes each and the client can call as often as they like during the nominated times. For example, anytime between 08:00 and 18:00 Monday through Friday and 08:00 and Midday on Saturdays. These arrangements are set up at the time of the retainer agreement.

## [askacoach.com](http://askacoach.com)

This service has been designed to provide low-cost quality life coaching to anyone, anywhere, via email and/or phone coaching. With rates starting as low as \$39.95 inc GST per session, [www.askacoach.com](http://www.askacoach.com) is a great way for anyone to access their own personal coach at any time.

We are also pleased to be able to provide corporate email and phone coaching through this service as a low-cost ongoing support programme. This can occur after a learning programme to maximise the application of the material, and/or to support staff in their work/life balance or just about any other organisational or team need.

## Contacts

To discuss any of these services, please contact Noel Posus, Director and Master Coach for Incredible Awareness.

Noel Posus

E: [noel@incredibleawareness.com](mailto:noel@incredibleawareness.com)

W: [www.incredibleawareness.com](http://www.incredibleawareness.com)

M: 0416 006 476

*(or if calling from outside Australia, dial +61 416 006 476)*