

THE COACHING FELLOWSHIP

HOW THE COACHING FELLOWSHIP WORKS FOR COACHES

This is a simple recap of what we are expecting from you as a coach. We have some basic requests which act as the container for the coaching. We also want you and the fellow to be in a strong and fluid coaching relationship, based on **how you like to coach**.

After you have established a good connection, we are asking you begin 8 hours of completely pro-bono coaching over a 3 month period.

- Ask your Fellow to complete a '**Coaching Discovery Questionnaire**' - please feel free to use our template at: bit.ly/1e1CEVv
- Your first coaching session is a '**Discovery Session**' where you review the discovery questionnaire, design how you will work together, get clear on the goals for coaching, start to establish/uncover values, saboteur/gremlins etc. And, set up logistics (how often and when will you coach).
- We would like you to set up a '**Designed Alliance**' at the start of your relationship with your Fellow - we think that's an important life tool. Learn more at: bit.ly/1fKGgNj
- From there onward you will coach the Fellow on an ongoing basis for approximately 3 months (totaling **8 hours of coaching**).
- Coaching can take place via phone or Skype, Hangout etc. Fellows have been informed in-person coaching is not possible.
- Your Fellow and you will be **assigned a Coaching Fellowship contact** person should they or you need to reach out / have questions during the program.
- Your last coaching session with your Fellow (the 8th hour of coaching) will be a **completion** session.

THE EXPECTED RESULT OF COACHING

Fellows are coming to coaching with big dreams. Every fellow is different with various goals they want to achieve.

Regardless of goal – **our stake** at The Coaching Fellowship is that a fellow will gain **greater self awareness** to help them find clarity in what they want, and help them **step fully into their power**.

This will include:

- Insight into their innate strengths and what makes them come alive
- Discover their unique, personal values
- Identify self-defeating influences and beliefs, and creating new pathways for success
- Learn how to enhance their motivators and manage their defaults
- Learn how to reframe for maximum effectiveness
- Train mindfulness

Thank you so much for participating in The Coaching Fellowship. We are incredibly grateful for your time and commitment.

Enjoy the coaching!

Send us an email if you have questions or suggestions to:
hello@thecoachingfellowship.org

[HTTP://THECOACHINGFELLOWSHIP.ORG](http://thecoachingfellowship.org)