

## Coaching

The coach's role is to challenge clients to pursue their own fulfillment." (Whitworth et. al, *Co-Active Coaching*, 1998).

I am delighted to join you along your path of personal and/or professional growth. Our coaching relationship can be an exciting opportunity to create greater fulfillment in your life, achieve more balance with health, family, relationships, personal growth, career, finances, spirituality and recreation. Through your commitment to coaching I will challenge, support, confront, and motivate you. I will hold you accountable to your vision and goals, help you learn from failure, and join you in celebrating your successes.

Our verbal and written communication is considered sacred and is given the same rights to privacy as between a therapist and client. However, coaching is not psychotherapy. If at some point you or I sense that psychotherapy is necessary or could be helpful I will provide you with referrals. Although coaching is not a substitute for psychotherapy, coaching can compliment psychotherapy and other vehicles for personal growth.

Through honesty, being on time for sessions, following through on commitments, and open communication, we begin to trust each other, creating the foundation for the work ahead.

Change occurs through forwarding action and learning. Through our coaching relationship you can: clarify values, explore drives and hidden motivation, develop and maintain new habits while discarding those that no longer serve you, examine and change your self-image, set and accomplish goals, learn to say "No" to resistance, use a variety of assessment and change-oriented tools, receive individualized requests, brainstorm new patterns of thinking, create different structures in your life that support the highest vision of who you want to be, re-prioritize your life, uncover areas of "stuck-ness", gain knowledge and skills, and receive a ton of support for your commitments to your emotional, physical, spiritual and work-related growth.

The structure of coaching sessions varies depending on need. Coaching often occurs through weekly 30-minute telephone or videoconferencing calls following an initial 30- to 60- minute assessment. Variations are also possible, such as longer telephone or videoconferencing calls and in-person meetings. Fieldwork may be assigned to help you apply the learning experience into your life. Payment is made in advance for each month of coaching. The first coaching session will begin once an agreement is signed and payment received. Cancellations are expected 24-hours in advance. You may end the coaching relationship in writing at anytime.

I will guide, listen to, support, and confront you, as well as hold you accountable for the changes you decide to make. I might also make suggestions and requests, teach specific skills, and refer you to various books, workshops and other resources. However, it is up to you to take advantage of the relationship and use it in the way that will serve you best.

I expect you to be instrumental in laying out your needs and desires, initiate necessary changes in the structure of the relationship as the need arises, freely discuss components of the coaching which are working and those which need changing, decide how much to stretch beyond your comfort zone and when to pull back, challenge yourself to honor the power of the relationship by keeping in sight the changes you wish to make and take action towards meeting these changes, and to be honest with me and yourself. In essence, the coaching relationship will be as powerful as you choose it to be.

I am really looking forward to being your coach!

Chris Rummer Copeland, Ph.D.

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