

Daria Williamson

Coach ~ Trainer ~ Facilitator

Coaching Standards

These standards are to help us have effective sessions, and ensure that you get the most value out of our time together. All coaching clients are asked to agree to these standards.

My commitments to you

I will be punctual, act professionally and maintain the confidentiality of our sessions. I will create a space that honours you as an individual. I will uphold my ethical obligations to you.

Session Times

- All sessions start and finish at their scheduled times; if you arrive late to a session, the end time remains the same, as a courtesy to my other clients.
- To change appointments, please give at least one business day's notice so I can make your original session available to my other clients.
 - Missed appointments or last-minute changes may be charged for.
 - You can request appointment changes by phone or email during office hours, or via the 10to8.com booking interface at any time.

During your session

- Your session is *yours*; we will work on what feels relevant and important for you
- We will start the session with a check-in to:
 - Review the previous session
 - Discuss anything that might have come up since your session, and
 - Identify your goal(s) for the current session
- Whatever comes up in the session is OK. You might experience strong feelings and reactions (including fear, anger, pride, joy etc.), uncertainty, or a need to let off steam.
- Be willing to work with whatever comes up and keep going even when feels tough – that's often where the "gold" is discovered. I'm here to support you through the process.
- I aim to make the process as engaging as possible – you might even have fun 😊

Between sessions

- Make time to reflect on the session, and note down any insights that come up
- Take action – coaching works best when you do too!

Making the most of coaching

- Be open to new perspectives and ways of thinking
- Come along with a learning attitude
- Look after yourself, and let me know if you need additional support

Seize your opportunities; unleash your potential