

# Wind Beneath Your Wings

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Welcome!

I am honored to be your coach, and I look forward to coaching you toward the life you want.

Coaching works when there are two factors present:

1. You are ready and willing to grow
2. There is a gap between where you are now and where you want to be

That is all that is necessary for us to solve problems, create a new life, turn a business around, and/or design and implement a plan of action.

This Welcome Packet contains some information that will help you understand the nature of coaching and how we might best work together. You will also find some forms and assessments included. Please complete what you can then send a copy to me. Put your originals in a file folder marked "Coaching". You'll want to keep original copies of the assessments, prep form, and recap form for regular use. Be sure to put dates on any assessments you take so that we can check progress with later results. At the back of this packet, you will find a Coaching Call Prep form which I'd like you to complete and fax/email to me before each call. There's also a Post-Call Recap form which I'd like you to complete and fax/email to me after our session.

Completing all the enclosed assessments and forms is a lot to begin with, but all of this work will help to facilitate your personal and professional growth as time goes on! If this is too overwhelming to do all at once, look through the materials and do what's fun. We'll get to the rest of it when the time is right.

I'm looking forward to the journey we are embarking upon together.

Warmest regards,

Barbara