

Welcome to **W.A.M. Coaching**

Congratulations for embarking on this journey! I look forward to working together and supporting you in achieving your goals. My clients are amazing people- they are intelligent, kind, successful, professional people who are serious about making a change in their lives and it's my pleasure to work with them, and to work with you. This document is designed to help you understand the nature of coaching and how to get the most from our upcoming **W.A.M.** group coaching calls.

How Is Coaching Different From Therapy or Consulting?

I am a trained professional coach, not a licensed therapist, and do not attempt to provide diagnosis or treatment. Coaching is not therapy, which goes in depth into various issues, usually dealing with the past; nor is it consulting, which generally results in giving the client answers. Coaching is more action-oriented and focuses primarily on the present and future. As your coach, I will enable you to determine your own "answers" through the work done in our coaching group.

Who Works With A Coach?

People in transition...People who want to move their lives from where it is to where they want it to be. Maybe they are moving from one life stage to another, switching careers, discovering their purpose, or re-discovering who they are. These examples and more outline some of the people who typically work with a coach. Regardless of their professional endeavors or where they are in life, all of my clients have one thing in common: they all want to get even more out of their lives and want to develop a plan to move forward.

As Your Coach I will:

- Encourage you to set goals that you truly want
- Ask you to do more than you may have done and to think outside the box
- Help you focus better in order to produce results more quickly
- Provide you with the tools, support, and structure to accomplish your goals

Come Ready to Participate:

- Our coaching relationship is my top priority. I ask that you make this a priority as well and use me as a resource. Since you have made this commitment, and we will be working together, you should come to the call focused and ready to participate.

You may have had a Coach in other areas of your life whether in sports, fitness, finance or managing your diet. They are people who can point out things you can't see; people who encourage and challenge you, and help you to achieve your greatest potential. And that's who I am...your own personal trainer for your life. I can't wait for us to get started!

Lenora Hughes

Certified Life Coach

www.lenorahughes.com