



BSCorbett Consulting, LLC

Success through Coaching

What is Coaching?

Coaching is about sustainable change, and change is necessary for organizational, professional, and personal growth.

What are the benefits of Coaching?

Coaching services...

- provide you with a supportive and customized environment to look within and discover where you are and where you want to arrive in your personal and professional growth journey.
- allow you to connect your potential with your desired outcomes and move your ideas to action.
- give you with the opportunity to get you where you want to be faster than if you do it on your own.

What is a Coach's Role?

Coaches...

- challenge and stretch you by asking thoughtful questions that bring awareness and clarity to your goals.
- help you identify and move past your self-limiting beliefs.
- establish rapport and support you in a nonjudgmental way in achieving your measurable outcomes.

Do I need a Coach?

Ask yourself...

- Can I identify successful outcomes from working with a coach?
- Will I go into each session with an open mind, ready to be challenged, communicate fully and honestly, and take ownership for choosing the direction of each coaching conversation?
- Am I ready to commit my time to the coaching experience, attending and being fully present at sessions, completing work between sessions, and informing my coach how s/he can hold me accountable?

Is Coaching Mentoring or Mental Health Therapy?

- Coaches believe the answers lie within the individual and use a method of asking questions so that the solution comes from the client.
- Mentors share information with others based on their experiences and expertise. Coaches will sometimes act as a mentor and the protocol is that they inform the client before doing so.
- Although coaching is not mental health therapy, you may experience emotional highs and lows as you go through the coaching process. If the coach believes the scope of the session goes outside the boundaries of coaching, s/he will communicate with you and recommend other professionals as appropriate.

What makes a BSC Coach unique?

A BSC Coach will...

- use a strengths-based coaching framework and approach coaching sessions from a positive stance.
- offer supportive accountability to help you take advantage of opportunities and achieve your measurable goals and commitments.
- help you improve and enhance your personal and professional brand, leadership style, communication skills, time management and productivity, executive and business management, self-confidence, and team results.

BSC supports you through your organizational, professional, and personal growth.

Inspirational Keynotes

Customized Training

Strengths-Based Coaching

PO Box 2182 | Rockville, MD 20847 | BSCorbettConsulting.com | *Moving Ideas to Action*

How Do I Choose a Coach?

When selecting a coach...

- Determine compatibility by having a discussion with the coach to understand the coach's philosophy and values. Ask yourself, "Can I be honest, open, and transparent with this coach?"
- Ask the coach, "Have you been a recipient of coaching services and what were the benefits?"
- Confirm the coach has the proper credentials, certification, and/or background in the mental health field. Colleges and universities have certification programs and organizations such as the [International Coaching Federation](#) and [The John Maxwell Team](#) provide resources to educate you about coaching qualifications. Coaches need to carry professional indemnity insurance and clearly communicate a code of conduct, including confidentiality of information discussed in sessions and not disclosing that you are a client.

What is my level of Commitment when I hire a BSC Coach?

- To build rapport with your coach and begin to see change, we ask for an initial commitment to a minimum of 6 coaching sessions.
- Individual (1coach:1participant) coaching sessions are 1-hour in length and Group (1coach:up to 10participants) coaching sessions are 60-90 minutes in length. Sessions for both types of coaching are scheduled 2-4 weeks apart.
- BSC Coaches firmly believe your level of commitment drives your results. Outcomes will vary depending on how long you work with a coach and what actions you take between sessions. We believe in you and your success and we ask that you commit to YOU.

How do I Prepare for a BSC Coaching Session?

- In order to maximize results, schedule time prior to your session to complete your assignments.
- You are the driver of the session. Write down what you want to discuss and achieve before each session.
- Have a journal or pad available to take notes during the session and write down your reflections afterward.
- Be on time and actively participate in each session.
- Expect to end punctually to value you and your coach's time.
- Between sessions, reflect on your actions, including challenges you encountered.
- If you need to reschedule, provide notification in advance and review our cancellation and rescheduling policy.

What is the Optimal Environment for a BSC Session?

- Your surroundings need to be quiet, safe, and free from distractions for you to be fully present.
- Most BSC Coaching sessions are conducted using secure video conferencing (internet and webcam required).
- Confirm with your coach if the sessions will be conducted virtually, in-person, or via telephone. Prior to your first session, test the software and internet connection. Please note: BSC team members will not conduct coaching sessions while our clients are driving a moving vehicle. It is dangerous and you are unable to give your complete attention.

BSC Coaches support your intentional growth and help YOU to achieve long-lasting change and actionable results.