

CHOPRA ADDICTION & WELLNESS CENTER

Coaching Services Information Sheet

We are delighted you are considering engaging in our outpatient coaching services!

The information below will help you to better understand what you can expect from working with a coach. Please take some time to read the information as it may help you to determine whether working with a coach is most supportive to you at this time.

About Coaching:

- Coaching focuses on the present and future.
- You are supported on both personal and professional aspects of your life.
- You are in charge of creating the agenda for each session. The coach will always hold your agenda through curiosity and listening.
- Once you discover your own answers, you are guided toward clear action plans.
- Where needed, you are supported through a system of accountability.
- Sessions occur over the phone or in person.
- The content of sessions is held in complete confidence.

Coaching supports you in the following areas:

Healthy Relationships & Boundaries

Clarity & Motivation

Life Purpose & Vision

Values Clarification

Body Awareness, Meditation & Breathing

Creative Thinking

Trusting Yourself & Others

Intuitive Living

Life Balance & Transition

Parenting & Family

Confidence, Self-Care & Self-Esteem

Leadership & Communication Skills

Coaching supports you toward more authentic and joyful living.

Coaching vs. Therapy

Psychotherapy often addresses emotional / behavioural challenges. The primary focus is on healing.

Coaching on the other hand deals with functional people who want to move toward higher function — and achieve excellence while creating an extraordinary life. The primary focus is on evolving a manifestation of potential. Healing is often a side effect.

Adapted from www.thecoaches.com

Coaching Definition

The ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential, which is particularly important in today's uncertain and complex environment. Coaches honor the client as the expert in his or her life and work and believe every client is creative, resourceful and whole. Standing on this foundation, the coach's responsibility is to:

- Discover, clarify, and align with what the client wants to achieve
- Encourage client self-discovery
- Elicit client-generated solutions and strategies
- Hold the client responsible and accountable

This process helps clients dramatically improve their outlook on work and life, while improving their leadership skills and unlocking their potential.