



Life Examiner Coaching Prospectus

Thank you for your interest in coaching with me. This short prospectus is intended to provide you a quick view of basic information about what you can expect and the nature of a coaching relationship with me.

What coaching is...and what it is not:

Coaching is a partnership between you and I that is a thought-provoking and creative process inspiring you to maximize your personal and/or professional potential. It is intended to help you become more like the person you want to be, also helping you to negotiate through life's obstacles. It is not my job to judge you or change you. It is my privilege to bring awareness to your clarity of choices, and if you choose, action to your life.

Coaching is not counseling or therapy. Traditionally, counseling and therapy assumes something in you is broken or failing and needs to be fixed. Coaching assumes you are a whole being who desires to improve yourself.

Designed relationship:

Coaching is a co-equal relationship where I am your thinking partner. We will design together how we want the sessions to look, how we will show up, and any expectations or "rules" we want to include.

Introductory session:

We should meet for an introductory session to talk about coaching in general, expectations, the terms of our relationship, answer your questions, and explore your desired intentions and goals. This first meeting sets the stage for what follows and helps to determine if we are a good fit for each other. *There is no fee for this introductory session.*

Session duration and frequency:

After the introductory session, I suggest we initially commit to at least three sessions of 30-45 minutes each. This is negotiable. How often we meet is entirely up to you, although I would suggest we start off with trying every two weeks. After the first three sessions, we can agree on a basis for any further work after that, guided by your desire. If at any time we discover the time has come to end the coaching for any reason, we can do that without regret or prejudice.

Session presence:

I suggest we meet online using Zoom video or over the phone. I am also available to meet with you in person if that is more desirable.

Session road map:

In general, I will be a guide for the coaching process and create a supportive space for growth. You should come to each session with a sense of your purpose and what you want to get out of it. I am also able to suggest helpful subjects or pathways which might be beneficial. You can expect me to ask probing questions that will require you to think and reflect. We will make observations and use tools, methods, analogies, and exercises that can benefit you.

Most sessions will follow a predictable path. We will check-in, follow-up on any previous discussions or commitments, and then explore the subject of interest at hand. While the general path may be predictable, you set the course of the discussion and we follow it together. We will often wrap up by identifying action that will move you closer to your desired outcome.

Compensation:

At this point in my coaching journey, my purpose is not for financial gain. I am currently working to build my coaching experience and hours to meet the criteria for an International Coaching Federation (ICF) Associate Certified Coach (ACC) credential. ICF requirements demand that coaching hours be compensated; therefore, my nominal fee is \$15 per session. If you commit to three sessions at once, my fee will be \$30 for all three. Payment may be made via PayPal or Venmo, as described in the Coaching Agreement.

Coaching agreement:

I will ask you to read and acknowledge an agreement that describes the terms of our coaching relationship in more detail. Its purpose is to ensure total transparency and avoid any misunderstanding about expectations. It includes provisions such as:

- coaching ethics, standards, and limitations
- confidentiality
- fees and payments
- scheduling
- cancelation and termination
- commitments to the coaching by you and me

If you have any questions whatsoever, do not hesitate to contact me at doug@douglasawhite.com or 202-510-2472. I will be pleased to chat with you.

