



Fulfilled Life Suite

Paddlers Coaching Session

With your Paddlers Membership you get a single, 1-2-1 coaching session with me. I am so looking forward to meeting you at our session and doing some good work together!

As promised, in order for you to get the most benefit from our session I'd like to help you prepare for it. The main thing is to be clear about what you would like to work on in our session and to choose something that can realistically be worked on in a single session.

For example:

You might want to develop a whole new rule of life, or make the most of a new role you will soon be starting. These kinds of goals are great but they will require a series of sessions if you want to address them well and authentically for you. For a single session you want to pick one discrete objective or issue within them.

So, if ultimately you want to develop a whole new rule of life for yourself, then in a single session you might choose to explore what a specific thing like sabbath might look like in your life. When I ask you where you would like to get to by the end of our session, you might choose an end point like having a simple plan for getting started with the practice of Sabbath.

If you are starting a new role, you might choose to work on preparing for a particular aspect of the role which hasn't been a strong point for you in the past; you may decide that by the end of our session you want to leave with some tools and a plan for how you might approach it differently.

Here are some questions that might help as you hone down to what you want to work on in our session:

1. What area of your life do you most want to see change in?
2. What is the most important aspect (to you) of the change you want to see?
3. Of this aspect, can you identify a couple of different factors/issues/areas that might need attention?
4. Which one of these do you think might have the biggest impact towards change?

I hope this is helpful! If you have further questions that will help you prepare for our session, please don't hesitate to contact me with them.

See you soon!