



# Performance Coaching

## PERSONAL DETAILS

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_ *Postcode* \_\_\_\_\_

## PREFERRED CONTACT DETAILS

**Telephone** *Work* \_\_\_\_\_ *Mobile* \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Skype** \_\_\_\_\_

## APPROACH

**Performance Coaching** - a purposeful focus on performance and results. I work with motivated individuals on their unique barriers to success.

The aim of performance coaching is to explore your current situation, discover the underlying causes and take action towards your (and your teams) desired outcome. By focusing on your skills, strengths, values and support I can assist you to build mental toughness, emotional resilience and goal focus.

My approach is perceptive, rigorous and creative and grounded in practical and proven psychology approaches. I am an advocate of VIA Character Strengths and a qualified provider of Mental Toughness (MTQ48), Reiss Motivation Profile (RMP) and Myers Briggs Type Indicator (MBTI) assessments.

## PRESENTING ISSUE

**What exactly would you like to change?**

When did you first notice the current situation?

What has caused this to be a problem for you?



## YOUR STRATEGIES

**What have you done so far to help solve the problem?**

How would you describe your general attitude and mindset?

Who (if anyone) have you seen about this problem?

What will happen if things don't change?

## DESIRED OUTCOME

**What do you want instead of the current situation?**

How will you know when you have achieved the change you want?

How do you think I can help you?

## COACHING LOCATION AND TIMES

\_\_\_\_\_ At my practice  
14 Sunnyside, Kendal

\_\_\_\_\_ Phone / Skype /  
Face time

\_\_\_\_\_ At your venue (travel  
expenses charged at  
45p/mile or equivalent)

Appointments are booked at mutually convenient times. As I also undertake corporate consultancy and deliver training courses availability can vary week to week.

On rare occasions we may need to reschedule your appointment. 24-hour cancellation is required to reschedule any session without charge.



## PERFORMANCE COACHING FEES

\_\_\_\_\_ **Blockbusting Coaching** :: 90 – 120mins session. £125

\_\_\_\_\_ **Mental Toughness Programme** :: 5 x 50 minute Skype sessions. £300

\_\_\_\_\_ **On-going Coaching for existing clients** :: 50 minute Skype session. £60

Fees are payable at the end of each session or invoiced monthly.

## CONTRACTUAL DETAILS

### Outcome Focus

We will work towards your outcomes each time we meet and review progress regularly.

### Initial session

The initial session will include introductions and assessment of your current situation and goals. If it is not appropriate for us to contract together I can suggest an alternative coach or therapist, should that be required.

### Professional

I am an INLPTA Registered Coach Trainer, a UKCP Registered Psychotherapist (Reg. No 2010161350), Accredited Supervisor and member of the British Association of Sport and Exercise Scientists (BASES). I am bound by the UKCP, NLPtCA and INLPTA codes of ethics and conduct.



### Supervision

To maintain professional standards and to ensure I offer clients the best possible service I discuss cases anonymously during formal supervision.

### Confidentially

The power of the relationship is based on honest, direct and personal conversations. All information disclosed is confidential with the exception of where I believe the client or another is a danger to self or others, where minors (under 18) are involved or if disclosure is ordered by a judge, coroner or other official having such power.

I may make written notes during the session; these will be kept securely.

## CLIENT AGREEMENT

*"I understand the power to change is in my hands."*

Signed \_\_\_\_\_

Date \_\_\_\_\_