



REBECCA
GHANADAN
COACHING

Contact Information ~
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Coaching: What You Can Expect?

Our approach:

We will work on a specific issue.

Our approach will span a number of sessions.

Coaching provides a focus, a process, and a relationship and environment for learning.

Foundation

Coaching is based on the idea that you have innate capabilities to work on your issue, and with awareness, cultivation, and learning you can bring more skill and openness to yourself and your life.

We work across six-streams: cognitive, emotional, relational, body, spiritual, and integrating. These span the intellect, heart, direct experience, interactions, and meaning.

Each person has these resources in their life and work. These are not things we need to invent or create. Rather they are things we practice and gain awareness of, learn to use and open, experiment, & discover.

Coaching is 'integral' in that it bring you into contact with more of your resources.

A few things to know, to acquaint yourself with the process:

Coaching takes time, and you will need to create time in your life for these reflections and experiences to take hold and find value.

Coaching only works if you have an opening, and you need to have a nascent desire to work on your exploration. This is not coaching the problem, but rather you as a whole person. You must decide, "I would like to be coached."

In our interactions, you will be presented with a process. The development is yours. I will be your co-facilitator, and offer you new resources, information, rich communication, concepts and kindness.

Some things we will do in our sessions:

Practices

Sensing-Exercises

Reading

Reflections

Discussion

Physical and body activities

Contact information & logistics:

My contact information is: Rebecca Ghanadan Coaching, 2703 7th Street, Mail #317, Suite 252, Berkeley, CA 94710. We may meet in person at my Berkeley coaching practice, at a pre-arranged location, or by phone.

My phone number is: 510/698-2771. You can call me 8am-10pm. I will return your call within 24-hours.

I may ask to record our sessions. This allows me to listen without note taking.

Time Period:

We will meet over a number of sessions. Coaching programs typically span 3-12 months. We can check-in and revise mid-program or as it seems appropriate.

We usually meet more regularly in the first few sessions to launch the coaching engagement. Then we usually shift to a bi-monthly (or some other) fixed time schedule so you can begin to build this into your life. Some clients find that a mix of in-person and phone based sessions give best flexibility. We can discuss options in the initial sessions.

Cancellation:

To cancel an individual session, please call/email with 24 hours advance notice, <24 hours it may be deducted.

Communication:

Please feel free to speak openly to me about anything that comes up in our coaching. Our discussions are completely confidential. Also, please bring up: what's uncomfortable, what doesn't work, reactions, etc. Often what doesn't work is often more important than what does.

The process is grounded, and emergent. Be curious. You'll find a much more authentic and real outcome if you do.

I request a face-to-face meeting or conversation if you choose to end the program early.

Fees:

Coaching is based on sessions, months, and a specific coaching program. See next page for your proposal.

End (or change):

I will refund your payment, if you choose to cancel early, prorated for services already rendered.

Our Framework & Basis for Work Together:

Coaching is based on respect for you as a whole and capable person; it believes in your ability to generate your own self-growth and meaning. We all share this common purpose.

Warmly,

A handwritten signature in black ink, appearing to be 'R Ghanadan', with a long horizontal flourish extending to the right.