



Welcome to coaching!

I'm so excited that you have embarked on this journey for the *Get Coached* program with Function First Coaching Inc!

As you are aware, I provide coaching training services and education to support healthcare professionals use a coach approach in their practice and leadership roles. Participants (Your Coach) has completed over 40 hours of accredited coaching training and is a licensed healthcare professional and/or an experienced clinician in the healthcare industry.

What is Coaching?

It is a thought-provoking and creative process that inspires people to maximize their personal and professional potential. I trust that you will find coaching stimulating, productive, and feel like you are moving forward at a faster pace in growing your skillsets in your leadership role.

What you can expect

In each session, you will set the focus of the conversation which your Coach will support you with. You do the work- set course, make plans, take action, explore new ways of doing things- while your Coach will listen objectively, observe, ask questions, and provide feedback and insights. A high level of commitment is required on your part to make this partnership successful, and time must be invested to experiment, learn and change according to what you want to achieve.

In your initial sessions, you will work with your Coach to clarify your goals and you will identify concrete outcomes. In subsequent sessions, you will identify opportunities and plan for next steps. New issues will be explored as you are uncovering challenges. In between sessions, you will work on targets you have set, monitor your progress and reflect on insights you have gained from new actions.

You will meet weekly for 45-60 minute at a time that is convenient for both and your Coach, utilizing your preferred method- online via Zoom or telephone. You may be provided with a *Coaching Session Preparation* form that will help you structure and guide your sessions to best support you.

As you are aware, a minimum of one session will be recorded for training purposes. It will get viewed by myself for the purpose of providing feedback for your Coach and my focus is on observing coaching competency skills. Upon viewing, both your Coach and I will remove the recording (unless you have signed a consent form to use your coaching session for training purposes).

Next steps

Below are the next steps you will experience:

- **Book a time** with your Coach. The first session can be a bit longer to review the Intake forms, discuss scheduling, and set your coaching goals, your Coach may propose a 75 or 90-minute session for the first session.
- Your Coach will provide you an **Intake Questionnaire** to complete prior to the first session. This can be emailed to your coach in advance of your first session.
- Your Coach will provide you with the **Coaching Agreement** to sign before or after your first session.

I wish you great success as you embark on this journey of discovery through the Get Coached Program!



Hélène Thériault
Certified Coach & Facilitator and
Function First Coaching Owner