

# Why Coaching is Important

I was born to be a teacher. There is not a doubt in my mind. The first clue should have been when I rounded up the preschoolers in my neighborhood to teach reading classes in my family garage. I was four. My passion to teach was ignited early on, and I spent twenty-five years as a professional educator. As teachers we share what we know with others in order to broaden perspectives, spark interest, initiate conversations and inspire further exploration. The gift of teaching is a beautiful thing. I have many teachers who have touched my life in deep and meaningful ways, as I am sure you do as well.

In my years of teaching I often wondered, however, if there was something beyond teaching. Was there more that could be offered to help students make room for the information they heard? Might there be more beyond the delivery of important messages, information that we can never be certain how or if it is received?

When I left the classroom to create a practice it wasn't long before the same concern arose again. It was my curiosity that led me to the concept of coaching. While coaching can mean many things today, true coaching takes teaching to the next level. A skilled coach will lead their client to a deeper level of self-awareness, enabling them to see for themselves what might be blocking their path. With powerful questioning, a skilled coach can illuminate actions that will break down barriers for the client and create practices that lead to a new waying of being.

I have a dear colleague to thank for leading me to the Narrative Coaching program, and eighteen months ago I enrolled with my clients in mind. My goal was to gain the skills needed to support lifestyle changes that I asked my clients to make. I wanted to expand my current tool kit beyond protocols of

Gemmotherapy, Homeopathy and Diet to put an end to cycles of self-sabotage. While my intention was to serve my clients, it wasn't long into the coursework that I discovered I, too, was being coached into a new way of being. The transformation taking place within me further solidified my belief in the power of coaching. Admittedly the benefit of personal growth was not always pleasant, for growth can bring on discomfort when we resist!

Today I know without a doubt that I'm here to deliver a powerful message about restoring immunity, on both a physical and emotional level. I can deliver this message in a variety of ways. I can stand before a roomful or a screenful (online) and passionately teach this message, I can write books with beautiful graphics (thank you Christine Terrell) to explain this message, or I can lead one-on-one sessions with clients to increase awareness of the state of their own physical and emotional immunity and co-create actions to restore it.

My own healing process has convinced me that all of the amazing Gemmotherapy, Homeopathy and Plant-Based diet protocols are only useful when they are taken with self-awareness and combined with actions to move one forward toward a state of wellbeing. Restoring immunity requires more than optimizing organs and the lymphatic system.

Restoring immunity also requires making daily choices that support our emotional wellbeing in regards to:

Where and how we live

Relationships we choose to develop or end

Work that fulfills or drains us

It's often unclear what can be changed, and that's exactly where coaching comes in.

I invite you to come on a journey with me in which you choose the theme of that journey. I'll help break that theme into attainable objectives and weekly practices that will increase

your self-awareness and establish new habits.

## **Here are the three options offered as of 1 September 2018 to Established Clients:**

An up to **45-minute coaching-style follow-up**. To be held bi-monthly, quarterly, or semi-annually. Your session will include an update to your Gemmotherapy/Homeopathy protocol, as well as a practice or two to support your personal goal. These appointments can be family-centered or for an individual. \$105

An up to **15-minute phone call for acute symptoms** that have appeared suddenly due to an illness, accident, or change in circumstances. These appointments are for one established client. \$40

A **coaching package of eight 45-minute sessions** scheduled consecutively, every 2-3 weeks. At the start of this package, we will establish the topic you wish to address and co-create 3 objectives. You will set the agenda for our discussion each session and I will support your work by providing an updated protocol and a practice to increase your self-awareness or build a new habit. Coaching packages can be for an individual or for a parent caring for children. Total price is \$720 (in two payments).

## **Here is what is on offer for all New Clients:**

An Intake Package of 3 Sessions that are organized in this fashion:

- Session One: A 45-minute session reserved for Client sharing of health history and current symptoms.
- Session Two: A 45-minute session with an interview format for the purpose of establishing the first protocol and a co-created healing topic.
- Session Three: A 45-minute session to review early

results of protocol, answer questions, and discuss a coaching package to meet agreed objectives.

At the completion of session three, the client will receive a written protocol with suggestions for future adjustments and a copy of Lauren Hubele's book *Gemmotherapy for Everyone: An Introduction to Acute Care*. \$335 (\$170 due upon booking appointments- family pricing available)

**A coaching package of eight 45-minute sessions** scheduled consecutively, occurring every 2-3 weeks. At the start of this package, we will establish the topic you wish to address and co-create 3 objectives. You will set the agenda for our discussion each session and I will support your work by providing an updated protocol and a practice to increase your self-awareness or build a new habit. Coaching packages can be for an individual or for a parent caring for children. Total price is \$720 (in two payments).

I am so excited about this next step in my practice and for the opportunity to engage with each of you on a deeper level in the months ahead. Please feel free to ask questions and request clarifications as to what this might mean for you and your own health journey.