
The Coaching Agenda

In the first few sessions, we'll develop a coaching agenda based upon the problem you wish to solve, or the personal vision you wish to create. The agenda follows naturally from defining both who you are and what you want to create in your life (at home or at work). To define who you are, we'll assess your personal strengths, explore your interests, establish the values that drive you forward, understand your areas of passion, and learn about your life's peak experiences.

The Coaching Model

Coaching is a co-active and holistic process. Co-active means that the coaching agenda originates from you, and the coaching relationship is designed as a supportive alliance. Through the process of coaching, you'll have the opportunity to increase your self-awareness, examine any self-limiting thoughts or behaviors that become obstacles to your success, and work toward self-acceptance of both your strengths and weaknesses.

The coaching process begins with establishing a connection and conducting an assessment. From there, we work at articulating the vision for your preferred future and take action to bring it into reality. Coaching is based upon a firm commitment to growth, and includes identifying and cultivating personal support that will increase the likelihood of your success.

About Dr. Nicely

Dr. Eric Nicely is a psychologist and life coach who works with people just like you. He coaches people for skill development, personal fulfillment, problem resolution, and major life changes.

His educational background includes both a masters and doctorate degree in clinical psychology, and years of clinical experience treating all types of psychological problems.

Dr. Nicely has extensive experience in corporate training and development through senior executive positions in high technology companies. He enjoys helping people learn new skills, particularly in the area of personal health and wellness.

For more information, please visit my website at www.dmicely.com.



Dr. Eric Nicely

220 Montgomery St, Suite 1019
San Francisco, CA 94104
Phone: (415) 955-1975
Email: Solutions@dmicely.com

*Dr. Eric Nicely
Licensed Psychologist
Personal and Life Coach*

Your Guide to Personal and Life Coaching



Increase your effectiveness,
learn new skills,
or develop new life strategies –
at home or at work.

(415) 955-1975

Coaching 101

Coaching is very different from therapy. The focus of coaching is on the future, the possible, and your personal strengths. The goal of coaching is to help you learn to live in such a way that your actions in life sustain your core values and purpose. From your life's meaning and purpose, we derive choices that you make responsibly.

Much of coaching is about taking action. Performance coaching can help you fine tune specific skills, clarify goals, and formulate definite plans for action. Transformative coaching occurs at a higher level, which means that the focus is to create a fundamental shift in your perspective, values, potential, or future life course.

I begin the coaching relationship by helping you clarify your values, dreams, and sources of personal inspiration. We examine your strengths and clearly define a vision for the future.

The coaching relationship helps you take action toward your vision, making it become a reality. I specialize in bringing you psychological "know how" to help move your plans into achievable action steps.



What is Coaching for?

Because you can use coaching for a variety of challenges, it sometimes helps to focus on specific issues that coaching can help you effectively address, such as:

- Creating personal fulfillment and satisfaction at work and at home
- Dealing with difficult people
- Effectively managing staff, a work group, or project team
- Making a career transition
- Becoming more assertive, less perfectionistic, and happier at work
- Learning new skills, such as communication or leadership, to perform your job better
- Finding work-life balance and coping with stress or change

How Coaching Works

When taking action, we utilize the breakthrough strategy

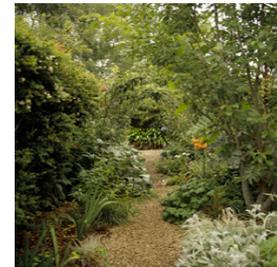
- Defining an extraordinary result you wish to achieve
- Systematic abandonment of things that aren't working
- Doing something different to achieve the desired result(s)

Sometimes, prior learning and experience can get in the way of our success. We'll tackle self-defeating talk, fear, bad habits, and inconsistent behavior head-on to move you forward faster.

The Nuts and Bolts

Personal coaching focuses on your unique strengths and harnesses that creative power to bring your plans together. Typically, the coaching relationship is structured as follows:

- We meet individually for about an hour each week, either in person or on the telephone
- You take action toward your goals each week, building on your success and being accountable for your choices
- I facilitate your progress through feedback, action planning, and follow-up. We have consistent dialogue on important issues and devise creative means for overcoming obstacles
- We continue the coaching relationship until you are satisfied with the outcomes, usually from three to eighteen months depending on the complexity of your objectives
- Coaching is about actualizing your potential – and that is always the primary goal



Dr. Eric Nicely

220 Montgomery St, Suite 1019
San Francisco, CA 94104
Phone: (415) 955-1975
Email: Solutions@drnicely.com