

Vibrant World Coaching

Welcome Packet

My name is Ruth Beck and I'd like to welcome you to Vibrant World Coaching. The name of my coaching business reflects my desire to increase the vibrancy of life and co-create a world that vibrates with the full spectrum of colour, voice, rhythm, and purpose.

I am passionate about life and experiencing the connection between all of creation. I enjoy hiking, skiing, canoeing, being in nature, laughter, music, dancing, conversation, dinner parties, and bringing aliveness to collective efforts to create social justice and promote human rights. I believe in the power of people to celebrate life, fulfil their purpose and make the world a better place. In my coaching, the starting place is with you, your passions, and your life.

I am certified as Professional Coach through International Coach Academy. I am an Eden Energy Medicine Certified Practitioner. I have 33 years' experience as a consultant, non-profit organization director, leader, manager, activist, and volunteer working to make a positive difference in the world. I am dedicated to living from the heart, practicing conscious awareness, and opening into love. My coaching style is intuitive, responsive and insightful, incorporating approaches from strategic planning, personal development, leadership training, social change, energy medicine, and various coaching systems.

If you have any questions about this information or anything about coaching, please contact me at rbeck1@netidea.com or 354-1352.

Thank-you and welcome!!

Ruth

What is Coaching?

Coaching is a safe, supported way for you to create a more vibrant and fulfilling life, and leave your unique legacy to the world. Coaching is a journey of inspiration, empowerment, empathy, courage and learning.

Coaching is an alliance, where you and I collaborate so you can achieve what you most want. As your coach, I am completely committed to you and your journey - your priorities, your way of learning and experiencing life, and your empowerment to create your life and go for what's most important to you.

Coaching is based on the understanding that you have your answers; that you are the expert about your life. You are creative, resourceful and whole. Coaching differs from therapy and counselling by focusing on the future. Coaching can result in healing and removing blocks; this happens in the context of you creating your desired future.

Coaching connects to all aspects of your life, even when the focus is quite specific. My niche areas are life coaching, transitions, leadership, livelihood & career, public health, social change, wellness, work-life balance, and spiritual coaching.

Coaching is a confidential dialogue and equal partnership between coach and coachee. As your coach, I hold a safe space for you to explore your heart's desire. I listen deeply, asking questions to stimulate your exploration, and offering new perspectives for you to play with.

Coaching offers a structure and focus for you to clarify your dreams and priorities, commit to them, and follow through to achieve results. I will encourage you to step outside your comfort zone, explore uncharted territory and discover your treasure. I am committed to being an empathetic sounding board, enthusiastic champion, and consistent partner who will keep you moving forward.

As your coach, I do not provide advice. I will ask your permission to make suggestions or requests, or to share experiences from my own life. The intention of these is solely to stimulate and support your exploration. Please let me know if anything I say doesn't resonate, fit, or work for you. You have the answers for your life and you are responsible for your choices, decisions and actions.

What can you expect from me as a Coach?

I will prepare for our sessions.

I will be punctual.

I will give you my full attention.

I will provide a safe, comfortable, non-judgmental environment for our dialogue.

I will make suggestions and requests. I will ask for your permission to do so.

I am empathetic, honest, direct, responsible, respectful, and compassionate.

I am available to you by e-mail between sessions.

I am completely and enthusiastically on your side.

What is expected of you as a Coachee?

You are ready, willing and able to commit to your journey.

You will be in motion, taking action to move towards your goals or intentions.

You are honest, respectful, and responsible.

You will prepare for our sessions.

You are responsible for all of your choices, decisions and actions.

What is the Structure of my Coaching? What are my Policies?

The coaching sessions are one hour long and can take place either by phone, Skype or in person.

The first session is considered an Exploratory Session. In it, I will provide any information you'd like about coaching and we'll also have an experience of coaching. By the end of the session, we'll have a sense of whether we're a good fit as coach and coachee, and have an idea about the general focus of coaching.

I am available to you by e-mail between sessions. I will respond to e-mails within 2-3 days and sooner if the e-mail is marked high priority.

If you need to change or cancel a session, I will need 48 hours notice. In turn, I will extend the same courtesy to you, should I ever need to reschedule.

Our sessions are strictly confidential. I manage my client records in a way that provides confidentiality and complies with applicable laws. I will respect the confidentiality of all your information, unless you authorize me otherwise or as required by law. I will obtain your written permission before releasing your name, as a client or reference, or any other identifying information.

Questions to Help You Prepare for your Exploratory Session

Please complete them and e-mail them to me at least 24 hours before the Exploratory Session.

1. What do you want to accomplish with coaching? I invite you to be as specific as possible in your response.
2. What are you passionate about?
3. What are your strengths (that will support your journey)?
4. What are the obstacles or challenges you face currently?
5. What gives you energy?
6. What drains your energy?
7. What are you grateful for?
8. How do you celebrate your successes?

9. How would you like me to coach you? If you don't have an answer right now, please let me know if you'd like to discuss this in the Exploratory Session.

List up to 10 intentions you have for your life at this time. Frame them in the most empowering way you know and put them in an order that makes sense to you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.