

# Vibrant World Coaching

## Welcome Package

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 where each person lives their passion and purpose.

I am passionate about life. I love hiking and skiing in the mountains near my home, kayaking on the lake, singing and making music, dancing, having great conversations and dinner parties, and helping make the world a better, more sustainable place. I believe in the power of people to fulfil their purpose, enjoy life, 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 over 30 years of experience as a consultant, leader, manager, activist, and volunteer working to make a positive difference in the world. I am dedicated to living from the heart and practicing conscious awareness. My coaching style is responsive, intuitive and insightful; I integrate approaches from coaching, personal development, leadership, planning, mindfulness, and energy medicine.

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

Thank-you and welcome to Vibrant World Coaching!!

Ruth

## ***What is Coaching?***

Coaching is a safe, supported, and effective way for you to create a more fulfilling and joyful life. Coaching is a journey of inspiration, empowerment, courage and learning.

Coaching is a partnership, where you and I collaborate so you can achieve your goals. As your coach, I am committed to you, your priorities, your way of learning, and your empowerment to create a life with joy, meaning and purpose.

Coaching is based on the understanding that you are the best expert on your life. You are creative, resourceful and whole. Coaching differs from therapy and counselling by focusing on your goals for the future. I do not provide advice.

I will ask your permission to make suggestions or requests, or share experiences from my life. The intention of these is to support your exploration. You have the answers and you are responsible for your choices, decisions and actions.

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

Coaching is a confidential dialogue and equal partnership between coach and client. As your coach, I hold a safe space for you to explore your burning issues and your heart's desire. I listen deeply, ask questions to support your exploration, and offer new perspectives you can play with.

Coaching offers a structure and focus for you to clarify your hopes and priorities, commit to action, and follow through to achieve results. I will encourage you to step outside your comfort zone and discover your path forward. I will be your empathic listener & witness, enthusiastic champion, and reliable partner who will keep you moving toward your goals.

## ***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, caring, respectful, and kind.

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

I am 100% enthusiastically on your side.

## ***What is expected of you?***

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

You will be active, moving towards your goals.

You are honest, respectful, and responsible.

You will prepare for our sessions.

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

## ***Vibrant World Coaching Policies***

Coaching sessions are one hour long and can take place by phone, in person or using technology.

The first session is a ½ hour Exploratory Session (free of charge) where I will provide information and answer your questions about coaching, and we'll also have a short experience of coaching. By the end of the session, we'll have a sense of whether we're a good match, and we'll 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 reschedule or cancel a session, I require 48 hours' notice unless there are extenuating circumstances. I charge the full rate for a missed session. I will give you at least 48 hours' notice should I ever need to reschedule.

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

***Starting the Conversation: Questions to Prepare for the Exploratory Session***

Please e-mail your responses to me at least 24 hours before the Exploratory Session.

1. What do you want to accomplish with coaching? Please be as specific as possible.
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 know, 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.** Write 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.