

Benefits of Coaching are to:

1. Restore broken & strained relations
2. Improve decision making ability
3. Improve time-management skills
4. Sustain focus on your top priorities
5. Get to the source of problems quickly
6. Enhance self-confidence
7. Get past personal blind spots
8. Overcome procrastination
9. Personalresponsibility

Who can benefit ?

The answer is simple, "all of us", people from all walks of life, including stay at home Moms, the self employed, students and business executives, have all benefited from Coaching and so too can you.

Testimonies

"We met Terry several years ago when living in Ottawa. Since our first session with him, we have seen not only our personal lives changed but our marriage transformed. Terry has helped us see that change must first start with us personally. Since that time, we have both started to take individual responsibility for our own issues rather than blaming and shaming each other. Peace has returned to our home. We highly recommend Terry as a Relationship Coach, his commitment to excellence, confidentiality and honesty are exemplary.

Stephen & Beth. AB. Canada

Terry is a wonderful guy to talk to! He's down to earth, realistic, practical and funny! His knowledge of how to put a blended family together is amazing! I've been seeing Terry for a month and he's already helping my partner and I to communicate better. He suggests books to read and studies to refer to. Terry really goes the extra mile and works via texting, email, phone calls and face to face visits. He works hard to work around my schedule! I feel very lucky to have Solutions Life Coaching at my disposal!

Sandy T. AB. Canada

Free consultation

We offer a **FREE** 15 minute consultation to all our potential clients. This introductory session lays out what Coaching is, how it would benefit you and how a Coaching plan can be tailored to meet your specific requirements.

Being informed is the basis of making wise decisions and in our experience those who take advantage of this initial FREE offer, move on to having their lives changed through being coached.



Our code of ethics

As a Coach:

- 1) I will be responsible for setting clear, appropriate, and culturally sensitive boundaries that govern any physical contact that I may have with my clients.
- 2) I will not become emotionally or sexually involved with any of my clients.
- 3) I will construct clear agreements with my clients, and will honour all agreements made in the context of professional coaching relationships.
- 4) I will ensure that, prior to or at the initial session, my coaching client understands the nature of coaching, the bounds of confidentiality, financial arrangements and other terms of the coaching agreement.
- 5) I will not intentionally mislead or make false claims about what my client will receive from the coaching process or from me as their coach.
- 6) I will not give my clients or prospective clients information or advice I know or believe to be misleading.
- 7) I will not knowingly exploit any aspect of the coach-client relationship for my personal, professional or monetary advantage or benefit.
- 8) I will respect the client's right to terminate coaching at any point during the process. I will be alert to indications that the client is no longer benefiting from our Coaching relationship.

Who are we ?

Terry Johns and his family moved to Canada, in March 2005. Since 1983 Terry has been empowering individuals, families and companies to be solution focused when pursuing their goals.

Terry is a trained counsellor, author, public speaker and Life Coach as well as being a committed Christian since 1983. Along-side his Coaching business Terry is a Race Car Driver & High Performance Driving Instructor. Terry and his wife Christine were married in 1977, have two grown up children & three grandchildren.

Solutions Life Coaching

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taking control of your destiny
goal centered, plan orientated, solution focused, achievement, fulfilled, ownership...

*"If you keep
on doing
what you've
always done,
you'll keep
on getting
what you've
always got"*



What is Coaching ?

A Coach's role is to support the client in achieving their goals in the shortest time possible. This is achieved by helping the client stretch outside their own comfort zones, by challenging their limiting beliefs, such as being too slow or too old to achieve their dream. We are not there to teach, explain or hypothesise, but to shine a light on ideas that would normally be brushed aside as unrealistic or doomed to failure & therefore pointless to even attempt. The coach will work with the client to help them identify their goals and build up a step by step action plan to achieve them.

Careful use of effective open-ended questioning techniques will increase the clients own self awareness and understanding, enabling them to set clear and well constructed goals that will challenge them, whilst still being realistic and obtainable.

Actively listening to the client and giving them time to think, will release deep rooted ideas that during a normal conversation may never have surfaced. Supporting them through their journey by being positive, honest and open where they will develop a trusting relationship that will allow the client to build their confidence.

A Coach is non-judgemental, non-directional and above all, committed to total confidentiality at all times. With the Coach acting as a sounding board, the client is able to explore their future options in the safety of the Coaching environment which in turn allows them to be more innovative. This will produce powerful results that are wholly owned by the client from conception through to completion. After building a high level of rapport with the client, particularly through the use of targeted praise of their large and small successes, we are able to provide constructive feed-back that will aid them to grow without feeling reprimanded.



The Coach will ensure that the client is kept on track and does not wander off into a story telling session or begin to dwell on a negative train of thought.

We will also guide our client to review previous successes to help them realize that they are indeed progressing, as often this can go unnoticed.

Relational Coaching

is about you finding out what's gone wrong and what's possible in your relationships and then achieving it.

With the global pandemic of strained and broken relations, there has never been a better time to bring peace and harmony back into you relationships.



Topics Covered

- Proactive listening skills
- Dealing with past hurts & resentments
- Choosing to believe the best
- Understanding the power of forgiveness
- Learning that difference isn't wrong
- Overcoming limiting beliefs

Relational Coaching works at a psychological depth, to address entrenched thoughts, behaviours and destructive emotions.

In addition, you'll take away helpful communication skills including mindfulness, self-belief, managing stress and understanding personality types.

Personal mentoring

Mentorship is a professional, working alliance, in which the mentor brings enlightenment, vision and personal growth to the client, thus enabling character development and obtainable goals.

For additional information on how you can benefit from a FREE 15 minute Coaching session, please call us on:

Tel: 587-749-0790

How Coaching works

Coaching itself can take place face to face, over the telephone, email or online. Generally they are in person, as it creates more trust & connection. Standard sessions are usually 1 hour and are spaced at least a week apart. Although a one-off session can provide a good boost, to be truly effective, the majority of clients book 12 sessions as its far more effective and provides a longer lasting result.



It really is up to the client how long the session should be and how often contact with the Coach happens. The above is simply a guideline, and gives a good idea of what tends to be effective for most people.

During the sessions we will discuss your current goals and review your existing situation. We will explore how you can move forward from where you are now & all the paths that are open to you.

After each session you should feel that the mists has cleared a little and that you have more direction and motivation in your chosen goal.

Over the weeks, you will develop your own personal tool kit, full of powerful resources that help you achieve your dreams. How do you know that it will be powerful? Because it has been designed by you, specifically for you and no one else! Each person is unique, so is each Coaching session and tool kit that is developed.

This is why no amount of reading motivational books, attending group seminars or reading a weekly newsletter can compare to the absolute personalization of your own Coaching sessions.

I wish

"I wasn't so stressed, had more time and reached more of my goals", are just some of the comments we regularly hear.

Working with Solutions Life Coaching will change all of that, in order that you become the person you always knew you could be.