

### What is Life Coaching?

Life Coaching is a relationship developed with a coach either by private, 1:1 sessions or within a group setting. Coaching is not a patch-up job, nor is it a temporary 'quick fix'. It is a process which allows you to explore your ideas, fears, goals and challenges, to discover what has been holding you back, to challenge any limiting beliefs and then to replace them with new empowering beliefs and ideas. 90 Degree Coaching will enable you to come up with what you want to achieve and then:

- help you to clarify exactly what it is you want
- evaluate how possible it is to achieve it
- help you identify any obstacles you may have to overcome along the way
- look at all your options
- help you to set and achieve those important goals
- use 'tools' and techniques to assist you in moving away from fear of failure and towards your goals at your own pace.

### Basic Structure of a Coaching Session

1. Assessing where you are now or Reviewing the previous actions
2. Setting goals for the session
3. Assessing where you are now in relation to that goal
4. Exploring possible options
5. Agreeing actions
6. Summarising what has been agreed

### How can 90 Degree Coaching help me?

We will be there to encourage, motivate and support you personally during your coaching. You will be listened to and respected and unless you give your coach permission to, we won't tell you what you should do nor give you advice. Instead we will combine powerful questions with focused listening to help you create clarity, confidence and certainty so that you can make change more effectively. The emphasis is firstly on taking the time to think and then taking action.

Remember, coaching is NOT consulting, mentoring or teaching. We know you have all the answers locked away within you; you are the expert in your life! We will not tell you your life needs a complete overhaul or U-turn. We believe you have the answers, but perhaps you need some assistance to make small but effective changes.

With our help these are some of the areas you can improve:

- Goal Setting
- Confidence
- Identity and Image
- Work/Family Balance
- Stress Management
- Time Management
- Values and Beliefs

Or any other area where **change, improvement or greater success** is desired. That's the beauty of coaching – it is your choice.

You might believe you have had enough of waiting for things to change and have decided you want to take action, gain that confidence, banish procrastination, take responsibility, have more choice and get things done now.

### Who is my coach?

Hi I'm Kirstie Gillon-Wood and I trained with Europe's largest coaching school, The Coaching Academy. I graduated with Distinction specialising in Personal Performance Coaching.

My journey into coaching was a natural one when I found myself with severe Post Natal Depression after the arrival of my first born. "Becoming a mother sent me into a tail-spin. Within 6 months I was a shell of my former self, having lost a sense of self-value, confidence and identity."

"My mission is to give every woman the tools, techniques and strategies I have taught myself. I hold the belief that everyone has the ability to tap into the power of their own mind. With commitment, planning and that crucial self-motivation, you can achieve anything you want."

It's for this reason I have created step by step programmes that encourage **interaction, focus and results**. I offer 1:1 business and life coaching sessions, small group workshops, e-Courses, eBooks, Special Reports and free articles containing information on improving relationships, time management, sustaining business success, generating wealth and much, much more!

### What can I expect as a client?

A move away from having to use willpower, pushing yourself and trying hard versus moving towards, feeling guided, supported and naturally pulled towards what you want for your life. You can expect to gain self-awareness, identify what is important to you, how to plan for what you want, how to set goals that are realistic and achievable and how to succeed at what you want. Coaching will help you to focus on what you want rather than on what you don't want and then assist you in making the transition. However, you only get out what you put in so you will need to be committed to making a change.

### How do I get started?

Give me a call NOW and we will decide what package is best suited to you and then book our first session. I also work in the evenings so if you work best at night, or are a mother without child care in the day, we can work when the child/ren are in bed.

You will receive an information pack by e-mail, which will include a detailed kick-start questionnaire telling me more about what you want, as well as a coaching agreement and details of package options. Take your time over the questionnaire as it may get you thinking about your life in a way you have never thought before. You will then return your questionnaire by email and your contract agreement by post, prior to starting your sessions. This provides me with a better understanding of what is going on in your life right now and what you want to achieve from coaching. The questionnaire enables me to start coaching immediately, rather than using the first session to gather information. It also ensures you are on the right course of action for you.

You can pay by cheque, paypal or internet transfer.

### How many sessions will I need?

12 sessions are recommended, as it has been noted the most powerful changes are

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experienced over a 90 - 180 day period, however, the initial agreement can be for 6, adding on sessions agreed to suit your needs.

### **What happens during a personal coaching session?**

During sessions, either over the telephone (you phone me) or during a 1:1 or group meeting, you will explore how far you have come and what your current issue or goal is for the session. Through the use of powerful and effective questioning along with coaching 'tools' it will be possible to identify what is currently working well in your life, what is not working so well, what you want from your life and how to go about getting those things.

With my help:

- You will determine the topic to be explored
- You will agree to set specific actions during each session, which you will act on over the coming week/fortnight
- You will be made aware of any negative or limiting beliefs or language that you currently practice
- You will be listened to carefully and respectfully
- You will be supported during all the sessions
- You will never be judged nor criticised
- You will not be told what to do
- You can choose to have life development exercises to do in between calls

### **Why is coaching cost effective?**

When working with me you will be helped to plan how you can get things done in the quickest and most efficient way possible each week or fortnight. You will take action each day/week (you decide) and start to bring the transformation or change that you want into your life.

Coaching focuses on what is going on right now and assists you in setting up action plans for success. It is spaced at regular intervals so it can deal with life issues, goals and situations on an ongoing basis. Coaching is always supportive and encouraging and is especially useful should you become disillusioned or unsure of your progress. Remember the truism "if you continue to do what you have always done you will get the results that you have always got".

We all know being a modern woman can be hard, but with coaching and time, you will find it life changing. All you need is a desire for change, an open mind and a commitment to take action. You will receive the right support for you to enable you to transform your life as you want to. As individuals we invest money in everyday pleasures such as:

- the latest electronic gadgets
- Sports equipment
- shopping
- socialising
- a visit to the hairdresser
- having a massage
- having your nails done
- eating out
- or any other number of luxury items

These treats are essential and well advised, however, the thrill of them is short lived, the 'quick fix' has to be repeated on a regular basis, and you still have to go back to the everyday grind of your life with nothing changed. Your commitment to coaching is an investment in the future of your life; it's an investment you can't afford to miss.

***Call me today to find out more about what we can achieve in your life!***

## **Testimonials**

"Anyone with kids will know how hard it is to find the time to manage family life, let alone make significant positive changes to one's life! Kirstie got me achieving goals I have been wanting to achieve for the past 4 years after just 3 ½ months of working together!" Ashley, 39, Glasgow, Scotland.

"The impact of the coaching sessions with Kirstie over the past four months has been extremely valuable in contributing to my progress towards my goal during a period of significant change in my life. Kirstie has an excellent mix of empathy and practical challenge which has helped me to feel secure within the coaching process and confident to move forward with it." Jenny, Hitchin, UK.

"I suffered from a lack of confidence and low self-esteem for several years after my children were born, but being coached has completely turned me around. Kirstie has so many tools & techniques that you just can't help but improve your life! She really moved me forward by enabling me to examine where my limiting beliefs came from and then quickly dispel them." Anonymous, Harlow, UK.

"Kirstie helped me focus on short term goals (that led to a bigger overall goal) which I was comfortable with because we moved at my pace. Sometimes she questioned my reluctance to move forward faster and it turned out I was afraid of failing and that was keeping me back. When I go off on tangents, Kirstie will listen and then re-focus me by asking how what I have just gone on about relates to my goals! Kirstie's got great insight and challenged me, but only when she knew I was holding myself back. I've never felt so supported or listened to all my life!" Jayne, 30, Croydon, UK.

"As a single mother of four, I find it hard to manage my time and balance my life. When I came across Kirstie and experienced coaching, it was a Godsend. I'm a lot calmer and happier which means the kids are too. I'm setting myself realistic goals which give me a regular sense of achievement, and although life is still a challenge, thanks to Kirstie I feel capable and confident." Debbie, 46, Melbourne, Australia.

"I was resentful and fed up with my job as I had been feeling taken for granted by my boss for a long time. Just before I started my sessions with Kirstie I had decided to resign. I'm so pleased I didn't because I have changed my attitude totally and was able to approach my boss to 'clear the air'. He has even given me a pay rise because he said he values my contribution and wants me to stay! If I hadn't have had the coaching with Kirstie, I would be looking for a job right now. She helps provide you with the clarity and the confidence needed for decision-making." Emma, 25, London, UK.

"The sense of empowerment and renewed energy has been life changing! The future is very exciting after my period of coaching sessions!" Katie, 48, Capetown, South Africa.