

Marian Moriarty Coaching

Personal Coaching

Our Approach

Marian has very strong beliefs about people's innate ability to succeed.

Her approach grows from those beliefs. She says,

"Coaching draws on your expertise, after all you are the world's best expert about yourself and your life."

"As a coach I believe that, deep down, you know what you want and that you have the resources to get there."

"My role is simply to allow you make it happen."

"Personal coaching is future focussed. Our focus is to get you to your future goals not to endlessly re-hash the past."

"You, the client, always set the agenda for the session."

"We create a structured programme for everyone. But not the same structure for everyone."

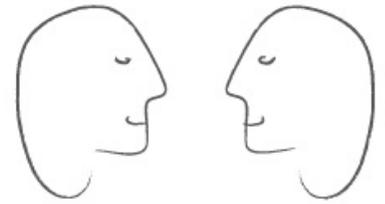
- ▶ I listen carefully to what you want to achieve.
- ▶ Through a combination of reflecting back, questioning and exploration I help you to discover what's getting in the way :
 - for example any blocks, limiting beliefs or behaviour patterns that are stopping you
- ▶ Together we come up with creative solutions to make progress.

How we work

Strictly speaking we don't have a typical programme. Each time we work with someone we put together a programme which is unique for them.

Some aspects are in common.

- ▶ First we establish what you want to achieve.
 - We establish goals, both short and long term.
- ▶ We devote our first session to a deep exploration of your goals and to beginning to map out the process that we will use to get you there.
- ▶ What follows is a process of exploration and development.
- ▶ We will schedule a series of follow-on coaching sessions.
 - These can be face to face or over the phone.
 - Typically sessions are 1 to 2 weeks apart.
- ▶ We work together to find a way forward to reach your goal.



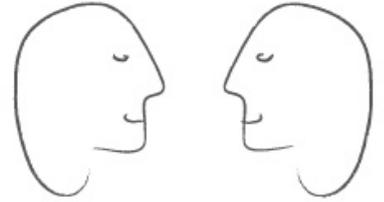
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Commitment

For coaching to be successful there has to be a commitment from both participants.

As part of our commitment to you we offer you a free initial consultation of 30 minutes. This enables both of us to determine that we want to work together, and that an ongoing coaching relationship will work.



Coaching is not an instant process. Complex problems require time and effort to unravel. Progress will vary from session to session depending on circumstances.

We want you to be successful.

Accordingly, after the initial free session, if you decide to work with us, we ask you to commit to a series of coaching sessions. We will agree the number of sessions at the end of the first consultation.

All Personal Coaching fees must be paid in advance

For more information or to discuss a programme contact us :

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