



Coaching Information Sheet

Thankyou for your interest and enquiry into Emergent Living Coaching: my Life & Personal Development Coaching Service specifically for Women.

My Name is Kirrilley Moelker and I am a passionate Life & Personal Development Coach. I hold a Certificate IV in Life Coaching with the Life Coaching Academy of Australia and am a recognised professional provider of a Life Coaching service by the International Coaching Federation.

Often people will express an interest in my service with the belief that Coaching is an alternative form of Counselling. Counselling and Coaching however are *not* one and the same, and Coaching is *not* an alternative form of Counselling.

Counselling is provided by a therapist, who talks with, counsels and examines people in regards to their experience of personal problems, grief and other personal difficulties affecting their functioning in a negative way in every day life by exploring the past in detail, and using different therapy modalities to address or improve these personal difficulties effecting that persons functioning.

Coaching on the other hand, is provided by a person with qualifications specifically in regards to Life Coaching and is ultimately about working with a person to assist them to move themselves forward in the attainment of the positive personal goals they hold for themselves. A coach partners and walks with their client in a process that empowers the client to make, meet and exceed positive goals they have identified for themselves in both their personal and professional life.

A coach works in regards to areas of the future. Life Coaching is for a client who might be a bit "stuck" moving forward with something or for a client that simply wants to make a big change in one area of their lives and wants the support of their own personal coach to do so. Life coaching is for generally healthy people who don't need the services of a Counsellor to work through significant personal emotional problems or grief.

My Life & Personal Development coaching service is about supporting women of all ages to their path of personal empowerment and to inspire them to take the action required to make the meaningful changes they desire in their life. The coaching process encourages clients to think about the change they want, their reality, their options and their way forward. The coaching process inspires people to commit to action, to follow their dreams, let go of fears, improve their self esteem, health and wellbeing, embrace their true self and ultimately lead themselves on to the person they truly wish to be.

My Coaching service is available in person or over the phone. Sessions usually last 60 minutes and are \$80 per hour or part thereof. Sessions can span a period of months or be simply a single "one off", depending on the goals and complexity of change the person desires. Additionally a client may choose to come and go after a goal has been achieved, but then engage my coaching services again for a different goal at a different period in time.

If you would like more information on my Life & Personal Development service please visit my website www.emergentlivingcoaching.com.au or contact me on emergentlivingcoaching@outlook.com or 0404707784

If you would like to proceed and begin on your path to empowerment and change now, then please

- Complete the attached Client Details Form and return prior to your first session.
- Read and Sign your understanding and agreement of the attached Coaching Agreement/ Contract and return prior to your first session.
- Sign you have read my attached Code of Conduct and return prior to your first session.
- Complete the attached Coaching Questionnaire/ Coaching Assessment Tool to help me with our first session and your first step towards becoming the best person you can be and return prior to your first session
- Lean into your life, our sessions together, take action, embrace and allow the unfolding in order to become the best person you can be today !!!