

FAQs



What is coaching

There are many definitions of coaching. Essentially, coaching is about unlocking and maximising an individual's potential through a conversation or series of conversations with the intention of helping them to discover, reflect and take the action needed to move forward, create change and achieve the goals they have set.

How does coaching differ from counselling?

There are similarities between coaching and counselling. However, coaching is future focused and supports i.e general life situations, work, change; professional career performance and creates desirable results. Counsellors focus on past matters and on specific, significant emotional issues, including e.g. addiction, bereavement, relationships, trauma and mental illness.

Do I have to sign a contract?

Yes, all our coaching clients sign a coaching contract which signals the start of their coaching journey. The contract sets out the expectations for the coaching engagement as well as payment arrangements.

How do I make contact?

Please book a call with us. Clicking on our 'book a discovery call' button takes you to our scheduling page. Select a date and time. You will be contacted on the booked date and time by phone. If you have requested to meet by either Zoom or MS Teams you will be sent a link in advance. Do email us on hello@amazeassociates.com or call if you are having any difficulties with booking.

What happens next?

During our call we invite you to share with us, what you would like to achieve either through coaching or our consultancy services. We will answer any questions you have and share our coaching fees with you as well as advise you of the next steps should you wish to proceed further.

For those seeking our consultancy or training services we will, if agreed, scope out the work and prepare a costed proposal or submit a tender in line with any procurement protocols.

How will I know you're a good fit for me?

We recognise the importance of finding the 'right' coach. The discovery call helps us both to assess if we're a good coach-client fit.

We advise you to consider what you value most: rapport, coaching style etc. We also offer 4 promises which you can read on Our Services page. Sometimes, a 'good fit' is not always apparent until coaching sessions start. Please also consider the following when making your decision.

We may be a suitable fit for you if: You're ready to commit to coaching i.e. you have personally identified that coaching would be beneficial to you and you are willing to bring your whole self to the coaching sessions, the good, bad and the ugly!! You're experiencing change and/or professional challenges in your life, work, career or business. You would like someone to listen and help you regain perspective, clarity and provide useful tools and strategies.

How does a coaching session work?

Every coaching session is unique. Discussions depend on whatever is most useful for the client. The duration of each session is an hour. The purpose of the session is to provide the client with a safe and confidential space in which to explore the subject at hand. A session can involve goal setting, a coaching exercise, reflection or review.

What other services do you provide?

We also offer a *bespoke coaching* service for organisations. *Consultancy and Training* on a wide range of subject areas. You can also book us for *speaking engagements*. Please book a call to discuss your requirements.

Do we have insurance?

Yes, we have full Professional Indemnity and Public Liability Insurance.

Do you partner with other organisations?

Yes, we often work in partnership with other organisations where appropriate.

Our Coaching Packages Explained.

ONE OFF SESSION

2-hour coaching session (hours?)

+ Connection Consultation

PACKAGE ONE

6 coaching hours

Weekly or fortnightly

Over a maximum of 12 weeks (approx. 3 months)

+ Connection Consultation

PACKAGE TWO

(MOST POPULAR)

12 coaching hours

Weekly or fortnightly

Over a maximum 24 weeks (approx. 6 months)

+ Connection Consultation

PACKAGE THREE

24 coaching hours

Weekly or fortnightly

Over a maximum of 48 weeks (approx. 12 months)

+ Connection Consultation

All packages include a 30-minute *connection consultation* which involves clarifying the discussion starting point for the first coaching session, scheduling the session(s) and responding to any questions. The duration of each coaching session is one hour, with the exception of our *one off session*.

For Packages two and three, payment plans are available upon request. This consists of paying in two instalments. All payments due must be paid prior to the commencement of the first coaching session. A 10% discount is available when paying in full for package three.