FRESH START

A GUIDE TO WORKING WITH ME

Rudi Werth

Hello and welcome to my coaching and mentoring practice. I am thrilled that you want to work with me and thought that the following information may be a useful guide.

Our mission is to help you, the client, manage any changes in your life easily and successfully. It does not matter whether the changes in your life are being imposed on you e.g. a pandemic, changes in employment, your health or your relationships, to name but a few possibilities or if these changes are actually what you want to see happening. Alternatively you may simple re-examen and re-energise your life.

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What you can expect from me?

You can rest assured that I am 100 % committed in supporting you and what you tell me stays with me (I may use your example in a very disguised form) and I will only disclose your personal details in case of potential self-harm or harm to a third person and when requested by the police or on summons by the courts.

In order to help and support you in achieving your goals I will be gentle but firm and totally honest with you. You can you help yourself by being totally honest with me.

I will coach you to the best of my ability, by actively listening to you, encourage you, challenge you and support you.

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What I expect from you in return

Honesty and a 100% commitment towards yourself, your goals and towards me, your coach. That means that you actively participate in the sessions and the tasks that I may assign you to do.

You are in the driving seat, this is about you and no-one else. The more time, thoughts, and energy you invest in this project that is you, the more you will gain from it.

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How much time will we spend together?

A session will last 50 minutes and usually 5 sessions should be enough to uncover your dreams and to establish a course of action. These sessions should ideally be weekly.

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