



Connected
Coaching

Welcome to Connected Coaching!

I would like to thank you for taking your time to consider personal and relational development through the avenue of coaching. This can be a difficult time or it can be an exciting time as the proponent for change is at your disposal.

Many times I am amazed at the power of choice, we all have the ability to choose, but sometimes our choices have been clouded because of other life experiences that have shaped the way we currently choose.

Soren Kierkegaard, a well respected philosopher noted that, ***life is not a problem to be solved, but a reality to be experienced***. So it is with coaching at Connected. People from all walks of life come and bring in their so called problems, but what we all bring to the table is life and the experiences we have had. Life at times feels like it is the problem when in reality it is in our choices and our responses to those life experiences that may become problematic.

The coaching you will receive at Connected is all about what you want, where you wish to steer your life, and who it is you would like to become (sorry cloning is not available!)

The following few pages explore in more detail the avenue of coaching and consulting. As you consider entering into this partnership please feel free to contact me anytime.

What is coaching?

Coaching is a modern and rapidly growing method for helping others to improve, develop, learn new skills, find personal success, achieve aims and manage life change and personal challenges.

Coaching draws out rather than puts in. It develops rather than imposes. It reflects rather than directs. Coaching is reactive, flexible and enabling, not prescriptive or instructional.

They are people that want to help others be the very best that they can be.

Coaching is about getting the very best out of someone and enabling them to make decisions that will improve their life.

The big difference between coaching and other helping professions is that coaching doesn't claim to have the answers. The two-way partnership is a main attraction for people to coaching.



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Interestingly, most life coaching and personal coaching is conducted on the telephone. For several reasons coaching is just as effective over the telephone as it is face-to-face. In fact, many clients prefer to speak over the telephone. This makes the process very convenient for both coach and client, and it offers greater flexibility for people with a busy lifestyle.

- coaching can be conducted wherever coach and client happen to be - anywhere in the world
- there's no traveling time or cost involved
- since little preparation needs to be done, telephone coaching sessions can be arranged with minimum prior notice

A coaching session is typically thirty minutes and rarely longer than an hour.

Coaching is centered around the client; whereas advising tends to be based on the beliefs, values and opinions of the advisor. In this respect a coach is most certainly not an advisor. The coach's role, and the coaching concept, is to help the other person find their own solutions, not to have them follow an advisor's recommendations or suggestions. This is a fundamental principle.

Integrity and trust are significant factors in successful coaching relationships, so it is logical that personal referrals and introductions are at the start of many coach-client relationships.

Just as coaching is not the same as advising, so neither is coaching the same as consultancy. Coaching and consultancy are two very different disciplines, with different methods and aims.

A consultant is a specialist in his or her field; whereas **a coach is a specialist in coaching**, and need not be a specialist in any other field.

Helping people to be the very best they can be, touching people's lives, as well as guiding them to help them reach their goals provides immense job satisfaction.

Coaching is a two-way process. While listening is crucial, so is being able to interpret and reflect back, in ways that remove barriers, pre-conceptions, bias, and negativity. Communicating well enables trust and meaningful understanding on both sides.

Coaching is about Results. Whatever goals you want to focus on as an individual this is what we focus on accomplishing together.



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Schedules and Fees:

Time is essentially the most valuable asset we have in life. No amount of money can ever buy back time. So whether sessions are 30 minutes or an hour, this is an amount of time that can never be given back. For myself as well, my time is a valuable asset, I can never buy back time. So our time together is based on the value you place on time and the value I place on time and we can work this out together in our first 2 sessions.

Generally Coaching is based on a 2 month minimum commitment at 1-2 hours per week. That is you have up to 2 hours per week of my time for at least 2 months and then if you want more we negotiate and work together towards what you want to see results in.

Please contact Brandon Melanson between Tuesday-Friday from 9am-5pm at 613.388.2518 or any other time at 613.876.7175; I can also be reached through email at connected.coach@distributel.net.

I look forward to partnering with you as you pursue your dreams and your goals!

Have a creative day,

Brandon J Melanson