



WonderPlay

Life Coaching

FAQ

What is professional coaching?

Life coaching is a relationship, in support of the client's best life and future. The ICF defines professional coaching as: partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaches honor the client as the expert in his or her life and work and believe every client is creative, resourceful and whole. Standing on this foundation, the coach's responsibility is to:

- Discover, clarify, and align with what the client wants to achieve
- Encourage client self-discovery
- Elicit client-generated solutions and strategies
- Hold the client responsible and accountable

This process helps clients dramatically improve their outlook on work and life, while improving their leadership skills and unlocking their potential.

What is ontology? What is ontological coaching?

Ontology is the study of the nature of being. As ontological coaches, I support my clients in looking first at who they are being and who they want to be, and then let this inform what they want to do and the actions they will take. This creates powerful shifts at a much deeper level creating impact in all areas of their lives. It has clients move into alignment with who they want to be on the planet and into action from a more powerful place that creates sustainable results.



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How can I determine if coaching is right for me?

To determine whether you or your company could benefit from coaching, start by summarizing what you would expect to accomplish in coaching. When an individual or business has a fairly clear idea of the desired outcome, a coaching partnership can be a useful tool for developing a strategy for how to achieve that outcome with greater ease.

Since coaching is a partnership, ask yourself whether collaboration, other viewpoints, and new perspectives are valued. Also, ask yourself whether you or your business is ready to devote the time and the energy to making real changes. If the answer is yes, then coaching may be a beneficial way to grow and develop.

Why does my coach ask me to pay up front?

A standard professional coaching contract addresses the length of time a coach will work with a client, and services are paid for in advance. Part of what coaching examines is how the client stops themselves from experiencing their best life. If one of those things is money, the client is still guaranteed the prepaid sessions, and they have an entire month to get “unstuck” and move forward in the big picture.



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Why should I be interested in Elizabeth Tuazon at WonderPlay Coaching (or any specific person!) as MY life coach?

Coaching is a partnership, so you'll want to have a comfortable relationship with your coach. Elizabeth, as a professional coach at WonderPlay Coaching, works in service of you being in touch with your present circumstances while acting with the awareness that you are much more than your circumstances. She will get curious and creative with you as you play in possibility!

Overall, be prepared to design the coaching partnership with the coach. For example, think of a strong partnership that you currently have in your work or life. Look at how you built that relationship and what is important to you about partnership. You will want to build those same things into a coaching relationship. Here are a few other tips:

- Think of the initial conversation as an interview to determine “what feels right” in terms of the chemistry. Coaches are accustomed to being interviewed, and an introductory conversation of this type is usually free of charge. The client interviews the coach, just as the coach interviews the client.
- Look for stylistic similarities and differences between the coach and you and how these might support your growth as an individual or the growth of your team.
- Discuss your goals for coaching within the context of the coach’s specialty or the coach’s preferred way of working with an individual or team.
- Talk with the coach about what to do if you ever feel things are not going well; make some agreements up front on how to handle questions or problems.
- Remember that coaching is a partnership, so be assertive about talking with the coach about any concerns.



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How is coaching distinct from other service professions?

Professional coaching focuses on setting goals, creating outcomes and managing personal change. Sometimes it's helpful to understand coaching by distinguishing it from other personal or organizational support professions.

Therapy: Therapy deals with healing pain, dysfunction and conflict within an individual or in relationships. The focus is often on resolving difficulties arising from the past that hamper an individual's emotional functioning in the present, improving overall psychological functioning, and dealing with the present in more emotionally healthy ways. Coaching, on the other hand, supports personal and professional growth based on self-initiated change in pursuit of specific actionable outcomes. These outcomes are linked to personal or professional success. Coaching is future focused. While positive feelings/emotions may be a natural outcome of coaching, the primary focus is on creating actionable strategies for achieving specific goals in one's work or personal life. The emphases in a coaching relationship are on action, accountability, and follow through.

Consulting: Individuals or organizations retain consultants for their expertise. While consulting approaches vary widely, the assumption is the consultant will diagnose problems and prescribe and, sometimes, implement solutions. With coaching, the assumption is that individuals or teams are capable of generating their own solutions, with the coach supplying supportive, discovery-based approaches and frameworks.

Mentoring: A mentor is an expert who provides wisdom and guidance based on his or her own experience. Mentoring may include advising, counseling and coaching. The coaching process does not include advising or counseling, and focuses instead on individuals or groups setting and reaching their own objectives.

Training: Training programs are based on objectives set out by the trainer or instructor. Though objectives are clarified in the coaching process, they are set by the individual or team being coached, with guidance provided by the coach. Training also assumes a linear learning path that coincides with an established curriculum. Coaching is less linear without a set curriculum.
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Athletic Development: Though sports metaphors are often used, professional coaching is different from sports coaching. The athletic coach is often seen as an expert who guides and directs the behavior of individuals or teams based on his or her greater experience and knowledge. Professional coaches possess these qualities, but their experience and knowledge of the individual or team determines the direction. Additionally, professional coaching, unlike athletic development, does not focus on behaviors that are being executed poorly or incorrectly. Instead, the focus is on identifying opportunity for development based on individual strengths and capabilities.

How can I experience more of what coaching can provide?

- 1.** Schedule a complimentary sample session with Elizabeth at Wonder Play Coaching! These sessions are 60 minutes long, and are conducted over the phone (or in person in Chicago by request). This is scheduled at your convenience during office hours, found here: <https://www.schedulicity.com/scheduling/WPCFMX>
- 2.** Come to a workshop with Elizabeth at Wonder Play Coaching! There is a workshop every last Saturday of every month in 2017. Follow Wonder Play Coaching on Facebook to find out more about each event, including time, location, and topic for each month! <https://www.facebook.com/Wonder.Play.Coaching/>
- 3.** Come to a coach training observation with Accomplishment Coaching! These occur monthly, the second Saturday morning (10am-12pm) of every month for the remainder of 2017 at the Dana Hotel on State Street in Chicago.
Email: elizabeth.tuazon@accomplishmentcoaching.com to secure your spot!