



WORKING WITH ALEX

Thank you for completing the application form and placing your trust in me. It really does mean a lot.

I would like to take this opportunity to explain a little about how I operate and what you can expect from our time together.

What Can You Expect From Alex

The role of a coach provides a kind of support distinct from any other. I will focus solely on your situation with the kind of attention and commitment that you rarely experience elsewhere.

I will listen to you, with a genuine curiosity to understand who you are, what and how you think, and generally how you experience the world. Reflecting this back to you provides a kind of objective assessment which creates real clarity. During conversations, I will encourage you to rise to challenges, overcome obstacles and get into action.

A coaching relationship is like no other, simply because of its combination of objective detachment and commitment to the goals of the individual.

I believe in each and every individual there is greatness. I believe everyone has untapped resources that can be accessed. I believe we are all capable of living great lives.

I will be real, sincere, competent, honest, congruent and will be there for you.

You will be provided with appropriate tools to help your development. These tools will be selected and will be provided on an individual basis depending on what your current situation is and what we decide to focus upon. These tools may range from structured diets (when appropriate), recipes, self-development and awareness exercises, recommended articles, books, Apps, and, supplement plans (again, when appropriate).

Because the relationship is based on trust and openness, the content of your discussions will be confidential.



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What Alex Expects From You

I will encourage you to stay committed to the coaching process. That means 'showing up' for sessions, taking your own notes where appropriate, and keeping any agreements we make during sessions.

I also need you to be open to the potential for coaching. That means contributing to conversations honestly and openly. For example, if something isn't working, I need to know. If you are having problems, voice them. If you know why a problem is occurring, say so. It also means having conversations you may be uncomfortable having - while the choice is always yours, it is often these conversations which lead to greater understanding and thus success. The strength and power of coaching relates strongly to the level of openness and trust between you and I.

I expect regular updates via email. It is recommend you use one of the review forms, that will be provided ,to help reflect on the previous week. This will support constant progress and development in different facets of life.

While I have a testimonial page I honestly think they are a funny thing. I truly believe they say more about the individual writing them than the person they are about. In my 10 years coaching clients, it has become evident those who are ready to change, those who have made the commitment are the ones who achieve greatness.

It is the client who is proactive, who contacts me regularly, who takes control of their day, their routine, their thinking. So much of what we achieve comes down to this, this is the cornerstone of true success.



ALEX'S OPERATING SYSTEM

We often know what we 'should' do, and yet we still don't do it

This is why Alex practices the way he does. To achieve optimal health, and the life that we deserve, we often need to work on many aspects of ourselves; on different components of what creates our reality, our perceptions, and ultimately our experience!

This means we can't just work on our nutrition, or simply exercise more. The above statement in green quite likely resonates. If you are in this position, the answer isn't in being told what to eat or what to do. It's in understanding what's holding you back; what's preventing you from acting.

In this so common situation, we need to work on our thoughts, our feelings, our emotions, our beliefs. With these in place, healthy nutrition habits, adequate exercise and restorative sleep often take care of themselves.

As a result there is no specific protocol, no specific recommendation that I employ. Rather we take the tools we need, at that moment in time, to help you achieve what it is what you want to achieve.

The below visual sums this up nicely.





HOW MIGHT COACHING BENEFIT YOU?

The following question and list will help you begin to form goals for a coaching relationship. They are not intended to identify specifics, but rather encourage thoughts and ideas. Please take a few minutes to sit quietly with the questions, writing down your answers on a blank piece of paper.

What current goals (if any) do you have relating to the following areas:

Your Work

- Personal performance/effectiveness
- Career development/progression
- Ability to lead/manage others
- Motivation
- Fulfilment

Your Lifestyle

- Work/Life balance
- Social life
- Hobbies/Interests

Your Relationships

- Your partner
- Your immediate family
- Your friends
- Your extended family

Your Learning/Development

- Life experiences
- Formal training/development

Your Sense Of Contribution

- At work
- At home
- In your community

Your Health/Well-Being

- Health
- Nutrition and eating patterns
- Fitness/Exercise
- Relaxation



IDENTIFYING LIMITING BELIEFS

One final exercise you may like to explore that often highlights an aspect of life that needs to be focussed is in identifying any limiting beliefs you may have.

1. Think about an important goal
2. While keeping that goal in mind, say out loud each of the below sentences. Score each sentence from one to ten. One means you don't believe the statement, ten means you completely believe the statement.

I deserve to achieve [my goal]

1 2 3 4 5 6 7 8 9 10

I have the skills and abilities necessary to achieve [my goal]

1 2 3 4 5 6 7 8 9 10

It is possible to achieve [my goal]

1 2 3 4 5 6 7 8 9 10

[My goal] is clear

1 2 3 4 5 6 7 8 9 10

[My goal] is desirable

1 2 3 4 5 6 7 8 9 10

[My goal] is ecological (after a careful consideration you are confident that there are no negative consequences to achieving the goal)

1 2 3 4 5 6 7 8 9 10

[My goal] is worthwhile

1 2 3 4 5 6 7 8 9 10



ADDITIONAL RESOURCES

Do keep an eye out for the free resources that are available, and will become available, on my website. These include short e-books on various topics and free recorded webinars that I have delivered over the last few months.



If you have any questions please do not hesitate to get in touch.

I will be in touch within the next 48 hours to arrange a time for an initial conversation.

Looking forward to speaking with you soon,

Yours in health,

Alex