

Banyan Tree Solutions

Personal Empowerment and Success Coaching - for Individuals and Teams

The Coaching Tree

Some of the Branches of your Life to Explore

1. **Ability to make choices for yourself.** A coach can support your understanding on how to create the life experience you wish to live with the power of your choices in all areas of your life both personally or professionally. A coach's main responsibility is to support you in maintaining a **clear focus and helping you to move forward towards your desires**. When your choices are clear and supportive then you are able to feel personally empowered by them.
2. **Living a life that feels balanced**
You know how people struggle with time to balance their work, their family/friends, their community and still have time for themselves? A coach supports you as you **discover the delicate balance** of these areas in your life and how time is yours to be managed.
3. **Supporting your financial flow.**
Money is a reality of our world and understanding how it flows is one key to your financial success. A Coach will help you explore options for your own **financial strategy** based upon your specific needs, goals and lifestyle.
4. **A sense of well being and rejuvenation.**
Learn to **cultivate your lifestyle** habits that support and energize your sense of well being. A coach can help you to strengthen and grow your commitment to a healthy life.
5. **Growing out of Management and into Leadership.** Improving you personal and team effectiveness. A coach can provide effective and efficient exercises for **individuals and teams to truly shift** from old styles/attitudes of management into leaders who truly make a difference.

“The Soil Test” – Healthy growth starts with great soil.

How Coachable Are You?

Client Instructions: This quiz will help both you and the coach to see if coaching sessions are the best support for you right now. Mark the circle that indicates how you feel right now then add up your score at the bottom.

Not at all

Completely

1

2

3

4

5

I can be relied upon to be on time for all session appointments.

This is the right time for me to dedicate time to be coached.

I am fully willing to participate to the best of my ability and I trust in the coaching process.

I am able to keep my word and honor myself and respect the coach.

I'll give the coach the freedom to explore concepts and I am able and willing to participate in exploratory experiences.

I am able to be truthful to the coach and to myself.

I am able to communicate to the coach how I feel the sessions are going and I am able to request changes that will better support me.

I understand that solution focused coaching sessions accept where I am today and will support me to move forward.

I am a person who understands that my attitude in life is in part a result of my thoughts, feelings and actions.

I see coaching as a worthwhile investment in my life that has value. I accept the financial responsibility for this service without struggle.

Add up your score

10 - 20	Not coachable at this point in time
21 - 30	Coachable, but I need to be more clear on the process
31 - 40	Coachable and open to change
41 - 50	Very Coachable and ready for change

Congratulations: You now have an initial assessment of whether or not you should enter into the Personal Empowerment and Success Coaching at this time.

Next Step: Contact Elizabeth Shopland at 250 342 8978 or eshopland@telus.net and start your coaching experience. For more information you may also visit www.btswellness.com.

Banyan Tree Solutions – Supporting Wellness Lifestyles