

COACHING with Ben

As a coach I am particularly enthusiastic about helping people to be more of themselves, to discover their own potential, to enjoy life and to experience personal freedom to live their lives aligned with their own values and purpose.

I believe that an optimal coaching relationship involves open and honest interactions between client and coach with a commitment from both to reach the client's outcomes.

About Ben Dowman

Ben's career in training, coaching, teaching and personal development spans 10 years. He started work developing people using outdoor adventurous experiences to help young people and increase self-confidence, self-reliance and grow a sense of self. He trained as a teacher and taught in school for a year before returning to outdoor development training, working with young people and adults. Ben then worked increasingly with corporate groups using a mixture of training, coaching and facilitation of experiential development to help individuals succeed.

Ben is also a very good amateur magician and enjoys entertaining others with amazing feats and tricks. In his free time he likes swimming, walking and climbing and acting with a local amateur drama group.

Ben's qualifications include BSc (Joint Hons) Psychology and Mathematics, PGCE, Certified Trainer of NLP, Certified Master Hypnotherapist and Trainer of Hypnosis and Certified Humanistic NLP Coach.

Typical Coaching Outcomes



Feeling great about being you
Believing in yourself and removing old limitations
Increasing your self Esteem
Gaining Confidence
Improving Personal Relationships
More rewarding Communication with others
Being an Inspiring Presenter and speaking in public
Increased fulfilment and meaning in life.

Investment and Commitment

Since Coaching is an investment in yourself you might like to consider how much are you worth and what would you be willing to invest in your own fulfillment and development.

Coaching sessions with Ben cost £75 per session (£65 for telephone coaching) and there is a minimum commitment of 3 sessions. Each session is approx 1 ¼ hours. The initial session will consist of an orientation to coaching, an overall assessment of the area(s) to be addressed in the coaching relationship as well as setting and facilitation of goals and/outcomes. At the end of the 3rd session we evaluate your progress and consider the next steps.

Fees for sessions are payable at the completion of each one. 24 hour cancellation is required to reschedule any coaching session without being charged for the time.

Contact:

Call 01539 736715 or 07713 403456. Email: ben@sugarnlp.co.uk

Coaching Terms and Agreement

Personal details

Name		
Address		
Postcode		
Telephone	Home:	Mobile:
E-mail		

I agree that I wish to start this coaching relationship between coach, Ben Dowman and myself.
I understand that the initial commitment is for 3 sessions.

The initial session will consist of an orientation to coaching, an overall assessment of the area(s) to be addressed in the coaching relationship as well as setting and facilitation of goals and/outcomes. During the 3rd session I will be able to evaluate my progress and decide what the next step is (which might be that I have reached my outcomes and coaching is concluded or that I would like to continue further work).

The fee for coaching is £75 per session (£65 for telephone coaching) and each session lasts approx 1 ¼ hour.
24 hour cancellation is required to reschedule any coaching session without being charged for the time.

The coaching services provided may address any specific personal and professional projects mutually agreed upon by the coach and myself.

Traditionally, coaching services include:

1. Direct questioning and transformational communication to
 - a.) identify present states, outcomes and resources
 - b.) clarify values and beliefs supportive of the desired changes
 - c.) increase awareness to expand choices
2. Constructive feedback to
 - a.) maintain focus
 - b.) support follow-through and accountability
3. Tasking and homework assignments to
 - a.) increase awareness of current lifestyle
 - b.) support motivation of desired changes
 - c.) expand choices and behavioral flexibility

Coaching with Ben Dowman includes all of the above and may also include specific, time-limited changework to facilitate forward movement and accomplishment of mutually agreed upon outcomes. I understand that this Coaching is not therapy, counseling, or consulting, nor is it a substitute for the aforementioned. If specific therapeutic intervention is warranted the coach will advise me of appropriate options.

The power of coaching is based on honest, direct and personal conversations with my coach. All information provided to the coach will be kept strictly confidential. Release of information may occur only with my permission or in the case of emergency.

I understand that the power of the coaching relationship is in my hands, and I accept full responsibility for my own progress and change. If I believe the coaching relationship is not working as desired, I will communicate this to the coach and work toward a successful resolution.

Signed Date

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