

# COACHING SUCCESS GUIDELINES



Client Name:

## All about the coaching process

Fitness coaching can help you to meet the goals that you have for your fitness when you take the time to develop a solid relationship with the coaching professional. It is the coach's objective to motivate you and hold you accountable for achieving your goals. From an outside standpoint, a fitness coach may be able to see areas of concern that you are not able to discern. In that sense, the process raises your awareness of a different way to handle your fitness goals.

## My coaching philosophy

At Orban Fit we believe that enduring fitness requires a comprehensive approach.

Personal fitness levels are a combination of exercise and nutrition. Both pillars work together to move your fitness levels up, or down. And within the Exercise Pillar we have identified Strength, Mobility and Weight Loss as key drivers.

It is through a comprehensive approach that we will help you achieve and maintain your fitness goals.

## What is expected of the client

Each session must start on schedule, and the client must be prepared to work. As the coaching process progresses, they might need to be willing to adjust their goals. Coaches are objective rather than judgmental. In order for progress to occur both personally and professionally, coaches will pose challenging questions and demand challenging responses, but only in relation to the customers' fitness objectives. Clients do, however, retain the freedom to choose the subjects to discuss and to stop a topic if they don't wish to continue.

## What is expected of the coach

The client's wants and needs should be listened to by the coach, who should try to work as much as possible within that framework. Each session will have rules that will be laid out in advance so that the client is aware of what behaviour will and won't be accepted. Each coaching session aims to help the client overcome any obstacles they may be facing, explain their goals through activities, and come up with ways to progress toward those goals together, i.e. through coming up with action items. To make these sessions successful, the client is required to hold oneself accountable for their actions and inactions.

