

# Welcome to Coaching!

Congratulations on committing to your professional development or the professional development of your team! Great leaders understand that transformation happens from the inside out.

The International Coach Federation defines coaching as:

*“Partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”*

Standing on the foundation of this, it is the coach’s responsibility to:

- Encourage self-discovery and self-awareness;
- Elicit client-generated solutions and strategies; and
- Help the client remain accountable for reaching their objectives.

As a coach, I am committed to helping my clients reach their full potential by closing the gap between where they are and where they’d like to be.

Enclosed in this welcome package is:

- My Bio
- Information About Coaching
- Benefits of Coaching
- Coaching Fee Information
- Goal-Setting Templates for the Client and the Manager/Director
- Information on the CDP and EQ-I Inventories
- Information on the Difficult Conversations Power Toolkit
- Sample Client and Employer Agreements
- My CV

I look forward to working with you!

Warmly,

*Nayla*

Nayla Mitha, ACC

Executive & Leadership Coach | Facilitator | Guest Speaker