

# BLUE OCEAN COACHING CO

## GETTING THE MOST FROM YOUR COACHING

Whatever you can do, or dream you can, *begin* it: Boldness has genius, power and magic in it. ~  
Goethe

As your coach, I will help you identify, create and implement a plan for what you want “more of” in your life: more money, more time, more focus, more accountability, more success & more life!

### I Will

- Encourage you to identify develop your vision and set meaningful goals
- Help you craft a plan to bring those to fruition
- Ask you to do more than you may have done on your own
- Help you focus better in order to produce results
- Provide you with tools, support, and structure to succeed
- Challenge, encourage and hold you accountable to manifesting your dreams

The coaching relationship is a co-creative partnership. I am completely committed to your journey, and will work to help you keep your focus. You are fully responsible for actions taken (or not) in your life.

### You Will be Asked To

- Push yourself to step outside of your comfort zone and see what you’ve been missing
- Examine old behavior and thinking habits
- Tell the absolute truth in a safe, confidential, judgment-free zone
- Consciously spend your time like the precious commodity that it is.
- Celebrate your wins and the challenges. It’s a big part of the process.
- Embrace the baby steps. They add up to new habits, beliefs and successes.

A CNN poll reported that over 50% of entrepreneurs and executives feel they do not have a close and trusted confidant to talk to about their business challenges and ideas. My goal is to fill that gap as a mentor, sounding board and collaborator to help brainstorm, develop and execute your ideas. I am your support, accountability and thinking partner.

### Your Coaching Sessions

Come to your coaching call with *your* agenda, a prioritized list of topics you want to impact. Complete your Action Items. If you get stuck or off-course acknowledge it, talk about it. Count it as a lesson in the process and get back on track. Change is a Process requiring PRACTICE.

Work on being Mindful, focused and willing every day. A few moments spent in quiet reflection visualizing and choosing your mindset, goals and desired outcomes for that day is a powerful tool. Remind yourself throughout the day with visual “triggers” of why you are here!

Use me as a resource. I am here to listen, motivate, challenge, support and guide you.

Give me candid feedback so I know what is working and is of most value to you.

Enjoy the journey! Working together in this way is powerful and productive. What better goal in life than to push your limits, explore your inner genius and purposefully seek to know your full and complete potential? You can design, craft, create and fully live the life of your choosing.

Susan Ross  
Certified Coach