



## Individual Coaching Services

Individual Coaching is a customized, one-on-one relationship that is designed intentionally between coach and client to serve you in making transformative life changes. As a coach, I view our relationship as one between equals: I bring my expertise as a trained professional to support you, the expert on your life.

We ignite our coaching with a Discovery Session, in which we define your goals for coaching and design how we can best work together to achieve them. I guide you in developing powerful internal resources that you can utilize to stay true to your goals and values in moments of stress or uncertainty or when obstacles arise.

Following your Discovery Session, you set the agenda for each coaching session, and I coach you on topics of your choosing, while holding in mind your overall goals and objectives for the coaching. I utilize an expansive toolkit full of techniques to help the coaching be powerful for you, including questions, exercises, visualizations, movement, creative art, listening, metaphors, intuition, and challenging requests. As we work together, we will find out which strategies are most effective for you.

When you run into challenges, I help you identify, subvert, and transform limiting beliefs and behaviors so that you can embody your fullest source of personal power. I support you in remaining accountable for achieving your desired outcomes through regular check-ins about your successes and struggles. When you do not achieve the results you want, we focus on what is to be learned from your struggles, jointly strategize options, and come up with a new plan of action. And, when you experience success, we celebrate together and focus on maximizing the impact of your achievements.

Some example areas we may focus on in coaching are:

- **Leadership development:** cultivating inner leadership qualities; development of personal mission and vision; creating a personal strategic plan; learning to maximize personal strengths; increasing emotional and relational intelligence; honing communication skills.
- **Personal development:** developing strengths and talents; increasing self-knowledge and self-awareness; fulfilling personal aspirations; defining and achieving personal life purpose.
- **Identity affirmation:** exploring and affirming personal identity, including gender, sexual orientation, cultural, ethnic, racial, and religious identities; building self-awareness; dissolving shame and increasing self-empowerment; fully embracing who you are.
- **Relationships:** setting effective boundaries; strengthening communication and conflict management skills; increasing authenticity and connection; developing knowledge and comfort with sexuality and intimacy; building healthy and fulfilling relationships.
- **Personal wellness & life balance:** improving self-care and stress management; developing a healthier lifestyle; increasing personal resiliency; cultivating mindfulness, gratitude and joy.
- **Life transitions:** advancing to a new professional position; transitioning to new parenthood in an informed, intentional manner; transitioning to a career that is in alignment with your values and life purpose; ending a significant relationship; approaching retirement gracefully.
- **Other topics of your choosing,** in service of your growth and development.

Please contact me at [kristi@kristinigh.com](mailto:kristi@kristinigh.com) to arrange a complimentary coaching consultation in which we may discuss any questions you may have and explore the possibility of working together.