

Coaching Process: First step – the Chemistry Session



Having found Halina: on LinkedIn and explored her profile **or** had a good look through www.halinajaroszewska.com **or** been recommended

Result: decided that a 30 minutes chemistry session is a no-risk first step

Check out: is this outstanding Executive Coach is the right one for you.

Right one: to help you achieve the remarkable results that you desire

Grab your chemistry session: [Send me a message or Book via Calendly](#)

Congratulations.

Session booked.

Introductory email arrives

Thinking points to help you get the most out of the 30 minutes such as:

- What is the most important challenge facing you right now?
- Ideally in the next 90 days what would you like to achieve?
- Success, from your perspective, looks like what?
- To add to your life or let go? Which behaviour, mindset, way of thinking, habit, routine, things stop you, blocks you, attitude, spoken habit would fit into either category?
- What would you like to have at the end of the 30 minutes that you don't have right now?

or it may be an in the moment choice such as 'This is what is currently on my mind and I'd like to focus on this'.

The one that resonates most startlingly is the one to bring to the Chemistry Session.

Working in a practical way she uses an integrated bespoke approach matched to her client.

Halina will answer all your questions, weave in bite-sized pieces of coaching so you get a real time experience of what 'being Halina'd' is like. How does that sound? A good agenda. Make sure we cover everything that is important for you.

At the end of the 30 minutes you will have enough information to make your decision. Halina will also know if she is the right coach for you. A coaching relationship is a two-way process, a real commitment and clear agreement. We can discuss the next steps too.

Important before deciding to invest time, effort and finances to work in partnership to achieve your goals – miniscule, breathtakingly huge, outside of the box ones.