

GLOBAL COACHING MODEL©

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GLOBAL ROOM MODEL DESCRIPTION

This model is a dynamic one that gets you, the client into action. Global Room is the place where it all happens, in the sense that anyone, anywhere, can be coached under this model, whether it is via phone, online, one on one or in a group format.

Anyone can be coached, provided they are ready to change and enhance their personal and professional life. I coach individuals BIG: Big scope, big dreams, big changes, with an individualised approach.

Globalisation has created a world of both increased opportunities but also challenges. As a global citizen myself, I simplify the context of living in a globalised world and focus on the individual to take ownership of their own life and develop, change, grow and succeed in any way they envision. All within a global context, yet a non-intrusive, personalised approach.

In this model YOU are the client, and I will be your coach.



We start the process with the current reality you are experiencing to assess the direction you want to take.

Some questions that will allow you to gain clarity of your current thoughts are:

- *What story do you have about yourself?*
- *Is this real?*
- *Is it serving you? And if not, what would you replace it with in order to serve you better?*

This initial phase is one of exploration, where you get to gain a greater understanding of where you currently are, and what areas you want to change or develop further on.

In this initial step, you also gain an understanding of what your commitments and priorities are, as well as confidence in yourself via the identification or validation of who you are, what you are passionate about, and having a clearer identity definition via your value system and strengths.



Rather than starting the coaching process with your goals, I initially ask you to share your current perspectives, so that you can have an understanding on where you are and where you would like to go.

In moving to the vision phase, and based on the awareness that you displayed previously of your current situation, we continue to explore on the following areas towards creating a meaningful vision in alignment with yourself:

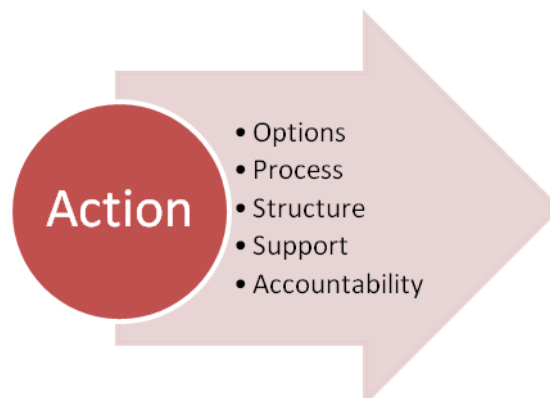
- *Why have you chosen that goal?*
- *What outcome are you hoping to achieve? Why?*
- *Is this goal in line with your values?*
- *What limiting beliefs do you currently have about achieving this goal?*
- *What potential challenges could you face?*

Spending some time exploring whether you have set the right goals will allow you to move through the coaching process in a more clear and effective way.

Setting the right goals will also inspire you to want to move into action and be motivated to start the journey that will keep you moving in the direction you want to go.

Ongoing coaching sessions will provide you with the motivation to go beyond current limitations and to maximise your potential. Empowerment will be provided in these sessions through guidance, trust and belief in yourself.

You will also become aware of any underlying limited beliefs holding you down, and any potential challenges that may stand in your way of getting what you want. Making you acquainted with available options and the exploration of those will allow you to create a proactive approach towards being ready to get into action.



Having gained clarity on where you are and where you want to go, you will now create a way in which to go about achieving it. This is a crucial phase in the coaching process, in that it will determine whether you succeed or not.

Setting up a structure that allows you to work towards creating a routine of the new habits or actions you need to implement is critical here.

In order to create a sustainable and successful action plan, we will work together in order to set up realistic and achievable small steps, or processes, as a way to get you to easily integrate your new actions or behaviours into your daily life to start the growth journey.

Too much action too fast may be counterproductive. Too little action and you may lose motivation and focus on the outcome, as bad habits try to creep up again. It is important that we keep an open and honest communication to ensure you are satisfied with the pace of your progress.

You decide which actions will help you achieve your vision. You own them because you created them.

In this phase we work together to set you up for success with support and resources, and being accountable by myself, the coach.

We also focus on the journey to gauge if your actions are directing you where you want to go:

- *How do you feel?*
- *What do you need?*
- *Is it working?*
- *If it's not, what else could you do? Could you do this current action differently? What adjustments are needed?*

This process allows us to remain flexible and experiment, and to see what works. You will also start noticing what you are getting.



You are now on your journey and enjoying it as you see some of the results of getting into action. In this phase it is important to keep an eye on the destination (i.e. *are my action points directing me to my ultimate destination?*).

Taking the time to reflect on your progress thus far will allow you to notice your learning and growing during the process, and you will be able to quantify successes, and the achievement of milestones, at which point you will be able to celebrate in a way that is meaningful to you.

The rewards and satisfaction come from enjoying the journey. Reflect on your overall journey, highs and lows, what worked and didn't, your learning's, etc.

In order to move into the success phase you will need to set up milestones, which we will identify with questions such as:

- *What would it look like when you get there? Visualize that moment.*
- *What would you achieve? I.e. transition to a new role, run a half marathon, etc.*
- *When will you know when you reach the success step? Create SMART goals.*
- *How will you celebrate?*

Rewarding yourself and reflecting on your achievements allows you to acknowledge and appreciate your progress, and it reinforces the continuous coaching cycle.

In life we succeed when we notice our progress and take time to celebrate and acknowledge ourselves for putting ourselves first and choosing to stretch and develop further.

You create your life, you create your future.

With much appreciation,

Isabel Valle