

Coaching with Me: A Collaborative and Confidential Journey

✦ Trust & Confidentiality

Our coaching space is built on respect, safety, and total confidentiality. Everything we discuss stays between us. Any personal data collected for coaching purposes (like notes or summaries) is stored securely and will be deleted upon your request or shortly after our collaboration ends. You can always feel safe to express, reflect, and explore freely.

☀ What Coaching Is

Coaching is a structured, forward-focused partnership that supports you in identifying and achieving meaningful personal or professional goals. I follow a solution-focused approach that helps you:

- Clarify what you truly want
- Discover your internal resources
- Take steps aligned with your values

You stay in charge of the journey—I'm here to support and challenge you in a way that feels respectful and empowering.

🚫 What Coaching Is Not

To build clarity and trust, it helps to define what coaching isn't:

- Coaching is **not therapy**: we focus on the present and future, not diagnosing or healing past trauma
- Coaching is **not consulting or advising**: I don't tell you what to do but help you explore your own answers
- Coaching is **not mentoring or training**: the agenda is yours, not mine

If another type of support would be more helpful, I will always let you know and can refer you to a relevant professional.

🧠 Your Role as a Coachee

You are the expert in your life. As a coachee, your role is to:

- Bring the topics that are important to you
- Take responsibility for implementing any actions between sessions
- Stay curious and honest with yourself
- Decide the pace and direction of our work together

This is your journey. You choose the focus, timing, and depth of our sessions.

👤 My Role as Your Coach

My role is to be your thinking partner and mirror. I commit to:

- Creating a safe, judgment-free space for exploration
- Listening closely and asking meaningful, respectful questions
- Helping you reflect and gain clarity
- Supporting your goals with structure, presence, and encouragement

I follow the ethical standards of the International Coaching Federation (ICF), including core values of respect, confidentiality, and client autonomy.

⚡ What to Expect in Sessions

Each session is a focused and respectful conversation, typically 45 minutes long. We begin by identifying what you'd like to focus on, and from there, we work together to bring clarity, insight, or next steps. We close each session by naming key takeaways.

✦ Want to Begin?

The best way to start is with a **free, no-obligation intro call**. You can get a feel for my approach and see if this partnership feels right.

Have questions? Feel free to email me at info@lifeleap.today

Or, schedule a free intro call here: 📅 <https://calendly.com/dima-baranetskyi/coaching-intro>
