

How I Coach Clients:

Every Professional Coach has their own style of coaching clients; I thought it would be important for you to understand my style, what I expect from my clients and what they can expect of me:

I Expect Your Best

If you are hiring me, then you are probably ready to do and be your best. And if you aren't doing your best, I will ask you to do so. If you can't do that at the moment, I will understand and do what is necessary for you to feel heard, acknowledged and helped back onto your path.

I Make Direct Requests

From time to time, I will make a direct request like, "Will you accomplish X by the end of the month?" You may accept the request, counter offer (negotiate the action) or decline. Requests help to keep you in action and moving toward your goals.

I Will Invite You to Explore Options

If I feel sure about something and you're open to it, I will open options to explore ways to handle a problem or "go for" an opportunity. If I am not sure, I will say so. Honesty is one of my values. I am straight and expect the same from you. Regardless, use the best of what I say and use your own judgment.

I'll Have "Difficult" Conversations With You

When I notice a funny tone in your voice, or hear something amiss, I will ask you about it. Often, it may be these small moments, which offer the chance to resolve something. However, I will not confront or push, I will merely invite you to look at something.

I'll Ask That you Define Tasks

I'll usually ask that my clients come up with two or three goals, actions or breakthroughs to accomplish between one week and the next. If it's too much, say so, if it's not enough than together we can define more.

DR. JEFF SPAR COACHING

You Are Expected to Use Me Not Depend On Me

As your coach, I am a resource and a presence for you to use to your best advantage. I have an almost unlimited amount of support, compassion, forgiveness, and strength for you and we can use this to help you get in touch with your direction and vision. AND, I ask that my clients use me as the resource and friend that I am, but not to let themselves get into the position of needing me (or coaching) as a dependency or fix.

I Am Here

I want to hear it all. If you have a personal problem, are upset with something (even me or coaching), are just starting to realize something big, can't wait to share a breakthrough, I want to hear about it.