

T H E
BRAVE
H E A R T E D



The Brave Hearted Coaching

Coaching Partnership

WHAT YOU CAN EXPECT

The coaching partnership

Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.

Coaching helps clients to define and take action toward the realisation of their visions, goals or desires. Professional coaching uses a process of inquiry and personal discovery to build the client's level of awareness and responsibility and provides the client with structure, support and feedback.

The coaching process helps clients both define and achieve professional and personal goals faster and with more ease than would be possible otherwise.

In each coaching session, the client chooses the focus of conversation, while the coach listens and contributes observations and questions. This interaction creates clarity and moves the client into action. Coaching accelerates the client's progress by providing greater focus and awareness of choice.

Coaching concentrates on where clients are now and what they are willing to do to get where they want to be in the future (their motivation). Therefore, the process is focused on the present (current situation and obstacles) and the future (desired outcome and positive consequences). At some stages, the coach can act as guarantor of coherence, making links between the motivation of the clients, their personal and professional goals and the project agreed during the mission.

Coaches recognise that results are a matter of the client's intentions, choices and actions, supported by the coach's efforts and application of the coaching process.

Self-confidence coaching

As a coach I focus on helping my clients to go from self-doubt to self-confidence and fulfilment. Concretely, **I help individuals overcome low self-confidence and achieve professional fulfilment in their career or as entrepreneurs.**

My coaching services and programs are based on my training, research and work experience as a professional ICF certified coach. If you want to know more about my point of view, I invite you to read my approach: <http://www.thebravehearted.ch/confidence-coaching/point-of-view/>.

My commitment

As an accredited Coach & NLP Practitioner, I adhere to the ICF deontological code, i.e. the reference for Coaching Quality Standards and Ethics. I am committed to promote awareness around the topic of high-quality, accredited coaching.

My work is guided by values of honesty, integrity, transparency, professionalism and reliability. My coaching style is mindful, direct and honest. I build relationship based on trust and complete transparency.

What you can expect

You can expect guidance, powerful questions, structure, support, new techniques and strategies to overcome the obstacles you find on the road. All my programs are a combination of coaching sessions, workbooks, journaling, e-mail support and progress reviews towards your goal.

So that you can create new behaviours and responses that are more successful and satisfying for you. This process will work faster if you're open to self-development work and to get in touch with your emotions.

I help my clients to get clarity and awareness in order to build the self-esteem and self-confidence they need to achieve their goals. Based on my experience, I know that a mindful and gentle approach, that guide my clients closer to their desires and feelings, is the best tool to make sure they advance faster. In this process, I'll always ask you how far you want to go. If there is something you don't want to work on or talk about, you can be totally honest and inform me.

Financial compensation

If you book your sessions singularly, the regular price for a single coaching session is 150 CHF. If you book more coaching sessions at the same time or a coaching package you can benefit of a more convenient price. Packages include also workbooks, weekly revisions, customised exercises and unlimited support via e-mail. Payment plans are always available.

What's next

- If you are not sure about the difference between coaching, therapy and consulting, you can find more information [here](#).
- If you want to know more about the International Coach Federation deontological code, which regulates the coaching profession, you can find it [here](#).
- If you are interested in working with me, you can fill the **starting out form** [here](#) and **book a free discovery session** with me [here](#).
- If you have more questions, please check the FAQ page [here](#) or get in touch with me at: hello@thebravehearted.ch.

Warm Regards,

Diana Malerba

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