

Coaching, an Inspired Profession

Suzanne Strisower, M.A., PCC ~ Your Next Step Life Coach

© 2010 Suzanne Strisower ~ [Your Next Step Coach](#) ~ 530.589.5889 ~ All rights reserved.

What is Coaching

Coaching helps individuals and businesses define more clearly what is important to them. The International Coaching Federation (www.icf.org) defines coaching as an “on going professional relationship between the client and coach that helps people produce fulfilling results in both their personal and professional lives. Clients report that they deepen their learning, improve their performance and enhance the quality of their lives. Coaching concentrates on where you are now, your visions and goals and supporting you to achieve them.”

How Coaching Differs from Therapy, Friendships and Consulting Relationships

This professional relationship is different than therapy, friendships and consultants because the client is uniquely responsible for setting the agenda and creating the outcome. My mission is to empower my clients to access their own inner knowing, wisdom and power. It does not deal with historical emotional issues or blocks, nor focus on past wounds as in therapy. It does not rely on a consultant to produce a work product or to give advice and direction or as a friend to talk things through. Its focus is in the present to support the client in living their vision and manifesting it in the world. Coaching can also be done in groups – either of friends or business associates and teams with great success.

The Benefits of Coaching

Coaching is a proven effective method for you to explore and guide your life in a way that supports who you really are. The profession is specifically geared to helping people enhance their lives through personal growth and development and can also include a spiritual element. It can use your connections with your inner wisdom, higher power/God and intuition to illuminate a life path and natural next steps that allows your deepest desires, core values, unique gifts and natural talents to be expressed in the world.

As Your Next Step Coach, I help clients:

- See other more expanded possibilities for yourself,
- Explore your inner depth and spiritual side,
- Find what your heart and soul want to do and be in the world
- Create a plan/path/direction for you to fulfill your life.

Here’s what a client of mine said after working with me for awhile...

“I LOVE WORKING WITH SUZANNE! SHE GENTLY GUIDES ME TO FIND MY OWN INNER WISDOM AND GUIDANCE. IN A YEAR, I’VE DOUBLED MY INCOME WHILE WORKING FEWER HOURS AND BETTER BALANCING MY PROFESSIONAL AND FAMILY LIVES. AMAZING!”

Cara Gubbins, PhD, Author and College Educator, Chico, CA

Common Areas Clients Want Coaching

There are two different coaching tracks I have with clients; one is practical and the other one is spiritual. This list will give you a sense of many of the possible area you can be coached:

- ✓ Personal Growth and Development,
- ✓ Profession and Finances,
- ✓ Physical Environments (work and home),
- ✓ Personal Well Being and Physical Health,
- ✓ Rest, Regeneration and Fun,
- ✓ Primary and other Relationships.

Spiritual coaching areas are:

- ∞ Connecting to your own Higher Self
- ∞ Finding your own Life Purpose
- ∞ Meeting your Guides and Helpers
- ∞ Learning about your 4th Dimensional Opportunities
- ∞ Developing your own intuitive abilities and inner wisdom
- ∞ Creating your Divine Right Livelihood

Take my FREE [The Quality of Your Life Assessment](#). It only takes a couple minutes to complete. Email it to me to receive a complimentary 20 minute Life Fulfillment coaching session.

How Coaching With Me Works

I take direction from my clients about what area(s) they want to focus on and support them in discovering and creating whatever experiences lead to their fulfillment. On going coaching takes place either weekly by phone or in person with the client setting the agenda for their 30 minute sessions. There are several techniques I use to facilitate the client's progress including:

1. **Inquiries** – exploring some aspect or question in your life that needs clarification or understanding.
2. **Brainstorming** – looking at alternative ways to accomplish something or new ways of thinking, feeling and being.
3. **Requests** – facilitating forward progress through specific homework.
4. **Presencing the Gremlin** – working through your perceived blocks.
5. **Creating Sacred Space** – Feeling present where you are and exploring the spiritual side or dimension of life.
6. **Acknowledgements** – Honoring clients for their magnificence, progress and effort.

My coaching goal for clients is to have a balanced and fulfilled life through a process of aligning and integrating your outer world with your inner being. Coaching relationships can last as short or long as it benefits the client and traditional coaching relationships start with a three month commitment. Generally, clients stay with me from three to six months. My goal is to launch clients into their fulfilled lives, not to keep them indefinitely.

Mentor Coaching with Me

Currently, I am working with several clients who are wanting to include some elements of coaching in their professions or transitioning to being a coach. As a Professional Certified Coach through the International Coach Federation, I can help you figure out what your 'niche and brand' are in a very easy and organic way. I can also help you build your practice and be an actual mentor coach to help you improve and feel more confident with your own coaching abilities. People who are just out of a coaching program or wanting to use their experience and interpersonal skills as a coach, I can help towards your certification and beyond...

My Professional Training, Expertise and Experience

I am uniquely qualified as a coach because of my 30+ years of experience and my diverse background:

- Professional Intuitive including a weekly gig at the Claremont Hotel in Berkeley
- Author /Publisher of a unique new age rune oracle, *The Runes of the Four Realms*
- Social Worker with foster children and families
- Healthcare facilities interior designer and project manager
- Property developer and rental property owner
- Radio talk show host of Living Well Talk Radio on 96.7FM
- International Coach Federation Professional Certified Coach (PCC)
- M.A. in Counseling Psychology
- Certified Clinical Hypnotherapist

I hope this is helpful to you in understanding my coaching process and perspective.

Take Your Next Step with a FREE 20 Minute Coaching Session with Suzanne

If this seems like it might benefit you and you want to give it a try call me at 530-589-5552 or email me at Suzanne@YourNextStepCoach.com to set up an appointment.

“IN ABOUT 30 SECONDS INTO MY FIRST MEETING WITH SUZANNE SHE WAS HELPING ME DIVE INTO MY LIFE AND DISCOVER MY TRUE CAREER PATH. SHE IS PRACTICAL, STRAIGHTFORWARD, ENCOURAGING AND OFFERS GREAT INSIGHT. I BECAME 100% CLEAR ABOUT MY DIRECTION IN A SHORT AMOUNT OF TIME. WHATEVER YOUR NEED... WHETHER YOU ARE STRUGGLING WITH YOUR POTENTIAL, DESIRING A CAREER CHANGE, OR SIMPLY WANTING SOME ENCOURAGEMENT AND FRESH INSIGHT, I RECOMMEND THAT YOU CALL SUZANNE STRISOWER TODAY.”

Whitney Wolff, Personal Trainer, Chico, California

Experience the benefits of a FREE 20 minute coaching session for yourself!

**Suzanne Strisower, M.A., PCC
Your Next Step Life Coach**

Be Fulfilled ~ Inside and Out

