

COLLEGE EXCEL

WELCOME FROM THE COLLEGE EXCEL COACHES!

While attending College Excel, you will have the opportunity to work with all of the members of our coaching team. You will be supported continually by academic, life, finance and fitness coaches as you build your academic and personal confidence. Our coaches are here to support you 100% and understanding their role is vital to your ability to get the most from our partnership.

What Is Coaching?

Coaching is quickly becoming one of the leading tools that successful people use to live extraordinary lives. Through on-going coaching sessions, you will identify what is most important to you and align your thoughts, words, and actions accordingly. Our coaches work with you to identify what you want and support you in achieving a life that reflects your integrity, dreams and values. Having a life you love starts with gaining clarity on your values, making more meaningful choices and being committed to taking the action to make the changes important to you. Your commitment to your life through coaching will help you stay focused on your goals and keep you accountable, honest and true to yourself.

How Is Coaching Different From Therapy?

Coaching is not therapy which goes into depth about a variety of issues, usually dealing with the past. Coaching is more action-oriented and focuses primarily on the present and future. As your coach, I enable you to determine your own “answers” through the work done in our coaching partnership.

Who Works With A Coach?

Celebrities, writers, musicians, athletes, politicians, entrepreneurs, business owners, professionals in all fields, students, parents, people in transition and people who are committed to living their dreams use coaches to reach their goals. Regardless of their professional endeavor or place in life, all of our clients have one thing in common: they are individuals who are committed to bettering their lives as they aspire to live their life more fully.

How We Coach Clients

Your coaches will inquire, encourage, advise, challenge, make requests and listen to your truth so that you remain aligned with who you are, your goals, your values and your vision. Our focus will be completely on you and what you want in life. We stand for you first and foremost, not just your goals. The coaching relationship is designed by both you and your coaches, and may be refined through ongoing two-way feedback. Even though we are committed to your journey, you will ultimately be responsible for actions taken (or not taken) in your life throughout the process.

As Your Coach I will:

Encourage you to set goals that you truly want

- Ask you to do more than you may have done on your own.
- Help you focus better in order to produce results more quickly.
- Provide you with the tools, support, and structure to accomplish more.

We Expect Your Best

We should only be working together if you are ready to *do* and *be* your best. If you are not doing your best, we will ask you to do so. If you cannot be your best at the moment, we will understand and do what we can so that you can be heard, cared for and get back on your path.

We Make Specific Requests

From time to time, your coaches may make a direct request, such as “Will you accomplish X by the end of the month?” You may accept the request, counter-offer (e.g., “I can’t do X, but I can do Y.”) or decline (rare). We will always support you, whichever way you respond.

We Give Advice

If we are sure of the situation, and you are interested in hearing some advice, we may make specific suggestions on how to handle a problem or go for an opportunity. If we are not sure, we will say so. Regardless, use the best of what we say and use your own judgment.

We Are Direct

When we hear a funny tone in your voice or notice something amiss, we will ask you about it. Often, it is these small moments that offer the chance to resolve something and we may invite you to take a closer look.

We Give Homework

We typically ask you to determine two or three goals or actions to focus on between our meetings. If we are pushing you too much, say so. If you want to be pushed harder, just ask.

We Are Here For You

We want to hear it all. If you have a personal problem, are upset with something (even with a coach or the College Excel Program), are just starting to realize something big, or can’t wait to share a breakthrough we want to know so we can be here for you.

Ways You Can Get More From Your Coaching Experience

- Make your coaching sessions a priority. Come to every meeting with a specific agenda. Put aside the busy-ness of your day to be fully present and ready to talk.
- Do your own work between sessions. Use what you learn. Complete what you agree to do.
- Be open minded. Be open to trying new approaches. Experiment.
- Tell the truth to yourself and to us.
- Be willing to change your actions and beliefs if they do not serve you anymore.

Finally, always remember that we know change is a process, life is a journey. Sometimes it feels great and at other times it feels hard and even hopeless. All of our coaches have dealt with adversity, failures and self-doubt of their own and have been specifically hired based on their abilities to relate to young people working to overcome these very issues. Our staff is devoted, kind and caring. We are not judgmental and deeply respect our client’s uniqueness and diversity.

At sometime during your coaching relationships, feel free to ask a coach not only their credentials but about their lives. We think after you hear their stories you will find that the respect will be mutual!

We look very forward to working with you!

The College Excel Staff