

THE JOURNEY TO YOUR BEST WORK & LIFE

CHOOSING THE RIGHT COACH
FOR YOU

TO MAKE YOUR INVESTMENT COUNT

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START HERE...

THREE IMPORTANT ASPECTS TO CONSIDER

Coaching is a Professional Service
and a Significant Relationship --
one focused on what YOU want.

Make sure there is a good "fit"
with the coach you choose.
That fit is about trust.

So, especially, consider
these 3 elements:

- ~ Alignment
- ~ Background / Experience
- ~ Resources

HERE'S A CHECKLIST OF QUALITIES TO LOOK FOR:

Make sure *you feel aligned* with the Professional Coach you choose.

- Genuinely cares for your success - believes in you
- Strong communicator, empathetic + explains things well
- Understands your situation + goals
- Helps you see your gifts + strengths
- Provides structure + a safe space to be open

QUALITIES THAT PROVIDE EVIDENCE FOR TRUST...

Ask about the *background, experience, and resources* the coach brings to your situation.

- Has coach training + certification(s), relevant background + skill sets
- Brings a wealth of resources -- Assessments, Handouts, Exercises, Activities, Tools, Direction, Ideas, Referrals...
- Explains the roles of client + coach so you know how things work
- Clearly outlines the working relationship + fees

CONSIDER WITH BOTH YOUR MIND + HEART

They support your intuition -
listen...

- Expresses a sincere commitment to both you + your outcomes
- Can illuminate and help you envision what you can't quite fully see yet
- Will hold you accountable to your own greatness
- Speaks to your sense of value
- Engagement feels like an investment in your growth

WHEN YOU CAN UNCOVER THOSE QUALITIES

You WILL have greater confidence
in the choice you make
for the future
you want to create
+ the coach to invest in
who can help you make it happen!
(It's what we strive to provide,)

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WHAT ARE YOU WAITING FOR?
DECIDE, TAKE ACTION + GET ON YOUR WAY!

READY TO STOP WONDERING AND TAKE A STEP FORWARD TO GET WHAT YOU REALLY WANT FOR WORK & LIFE?!



Learn more with our free guide, *the "Masterful Life Redesign Roadmap"*

[Click here to get it](#)

OR...

Schedule a complementary
New Directions Discovery Session
and *identify your best next move...*

[Click here to find out more!](#)

HOW CAN WE HELP?



Greetings!

I'm Dolly Garlo, and I created this guide based on my professional coach training, multiple coaching certifications, and 20+ years of experience working with clients in that role.

The list of qualities is based on standards of professional coaching, what I know to be important, and what I have wanted from my own coaches.

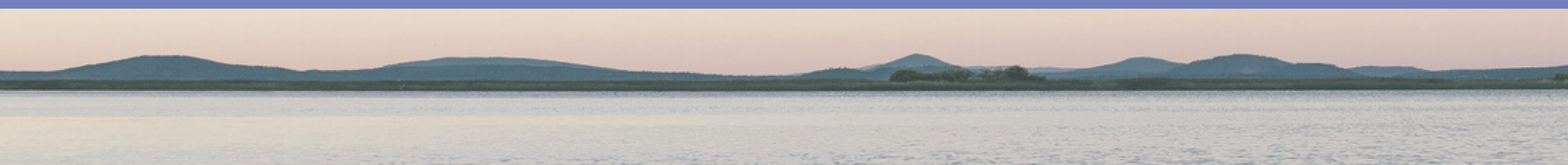
That's what you can anticipate.

My company, Thrive!! Coaching, Consulting & Training was developed to work with people ready to make changes to advance their careers and lives, smoothly -- *and* more quickly than doing it alone.

Our clients are accomplished professionals and senior level executives in business or government service at a midcareer "pivot point" of frustration or dissatisfaction -- and are willing to do what it takes to "reinvent"... so they can:

- create more meaningful work or a business of their own**
- reawaken set-aside interests, or make time to develop new ones**
- deepen relationships**
- focus on health**
- pursue new adventures**
- make legacy level contributions, and**
- experience greater quality of life**

And experience with career shifts...?



HOW WE CAN HELP...

I've transitioned from critical care nurse to attorney, to business owner in my own health care law firm, (successfully sold).

My coaching partner, Elizabeth Crouch, has similar professional coach training and certifications, and career shifts from work as a physical therapist and physician assistant.

Additionally, we have involvements as authors, speakers, nonprofit leaders or advisors, and with philanthropy and legacy.



We know the process of change.

We bring all of that to our work with clients, so you can "have it all" -- YOUR all -- to define what's truly important to you, *and then get it.*

If that interests you, or may be for someone you know, we'd love to connect.

You CAN realize ALL your possibilities!

All the best to you.

Cheers, Dolly & Elizabeth

