ROLES A COACH CAN PLAY

Coaching is a partnership. You get to decide which of these three roles your coach plays at any time. A coach can play the same of different roles in each coaching session depending on what works best for you.

CASE MANAGEMENT

A coach can provide knowledge or information about how to access services or resources that might be helpful to you.

READINESS ASSESSMENT

If you are feeling uncertain about next steps or maybe just a bit "stuck," you and your coach can explore what is going on and how to address your concerns.

GOAL SETTING

You and your coach can work together to set a goal, make a plan to reach your goals, and identify actions you can take to practice your goal.