

## Saul and Saul, LLC

CONSULTING PSYCHOLOGISTS: TUCK T. SAUL, PhD & SUZANNE C. SAUL, PhD

CERTIFIED COACH: TUCK T. SAUL, PhD

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### WHAT IS COACHING

Coaching is a way to make things happen in one's life. It is a way to overcome inertia, procrastination, and fears about making changes that we want to make and/or has been directed by others to make. It is a way to overcome old and new obstacles. Coaching enables a person to become more successful. Coaching is present and future based. Coaching is not psychotherapy or counseling, nor is it a substitute for these services.

In our coaching relationship, you and I would prioritize, plan, analyze, troubleshoot, and brainstorm. I would seldom be giving solutions and advice. Instead, I would enable you to find your own unique answers. I would provide structure, feedback, perspective, skill-building techniques, and smart questions. Together, you and I will evaluate options, make decisions, track your progress and celebrate successes.

*Remember that the coaching you will be receiving from me will be focused on action, not healing. Why you are the you are doesn't matter as much as how you want to be.*

### FLEXIBILITY OF BEING COACHED

Coaching can be done by a combination of telephone calls, faxes, e-mails, and face-to-face sessions. This means that you and I can be in different locations and still have our session.

### THE STRUCTURE OF BEING COACHED

The structure of our coaching sessions will be flexible. You and I will custom design a coaching arrangement that meets your individual needs and schedule. You and I will define the length and frequency of sessions that best supports you. Sessions may be focused on specific challenges you are facing, or on a much broader set of personal and professional issues. Coaching relationships generally last from the months to, at times, several years. The nature of your goals and the changes you wish to make will determine the duration of our work together.

Tuck T. Saul, PhD  
Hudson Institute Certified Coach

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