



Making the Most of Your Coaching Sessions

At the Gem Makers Coaching Collective, our desire is for you to gain the greatest possible value from our coaching partnership. You are in the driver's seat of this journey. You hold the key to the next chapter of your life—and ultimately, your success belongs to you.

Our role is to serve as your life navigators—your coaches, cheerleaders, and accountability partners. We will support you, encourage you, and ask thought-provoking questions designed to help you see your situation from new and empowering perspectives.

The guidelines below are designed to help us maximize the impact of our work together. Please review them carefully and complete all required forms so you can fully engage in and benefit from your coaching sessions.

1. Come with an Open Mind

Approach each session with openness, honesty, and a willingness to be transparent and vulnerable. Coaching is a safe, supportive space created for your growth and success. Come expecting insight, progress, and results.

2. Eliminate Distractions

To get the most from your sessions, we encourage you to minimize distractions. Silence phones, avoid multitasking, and create an environment that allows you to be fully present during your scheduled time.

3. Commit to Open Communication

Clear, honest communication is essential to a successful coaching relationship. Your coach is your partner and advocate. Be willing to share your fears, challenges, wins, and breakthroughs along the way.

4. Be Willing to Stretch Beyond Your Comfort Zone

Growth requires courage. Expect more from yourself and be open to stepping beyond familiar boundaries. Challenging old patterns and redesigning certain aspects of your life creates momentum and accelerates progress toward your goals.

5. Be Prepared to Follow Through

Lasting change happens through action. Applying and following through on the commitments and action steps you identify during your sessions is essential to your success. Coaching provides guidance—your follow-through creates results.

6. Celebrate Your Wins—Big and Small

Progress deserves recognition. Celebrating milestones along the way builds confidence, motivation, and momentum. We encourage you to acknowledge and honor every step forward on your journey.