



About Coaching

There are many tools available for personal and professional growth. At Annie Ricci Coaching, we believe individual coaching is one of the most powerful of these tools as it is entirely personalized to meet your needs.

Coaching is a good fit for you if you would like to:

- Find personal or professional direction – from the inside out
- Reach for your next level, or make your current work more fulfilling
- Clarify what you want for the next phase of your career or life
- Actualize your vision in a realistic, naturally motivating way
- Learn how to access your own inner wisdom – whenever you need it
- Reduce the impact of fears, self-doubt and unhelpful mental chatter
- Experience more confidence, calm and joy every day

You set the agenda for each coaching session and consciously choose your way forward. We'll explore your goals and identify the challenges in your work and life right now. You'll leave each session with insight, focus and tools to engage the change you seek. You'll also develop your particular toolbox and fill it with your insights, resources, and skills to use long after coaching has concluded.

Coaching is not advising, consulting or mentoring. It is not about having another person tell you what they think you should do. It is also not therapy, as it's not designed to work through major trauma or heal mental health issues. Coaching focuses on the present and future, not so much on the past.

Our sessions together will be uniquely customized, designed to meet your particular goals and to work with your personal style. During coaching, your coach will engage you in the spirit of curiosity, asking questions to help you access your creativity, strengths, and inner wisdom. Your coach will be your thought partner, holding space for your exploration, gently challenging your assumptions, and joyfully celebrating your discoveries. Together, you will develop ways to shift from stuck to unstuck. Where there is confusion, we will help you find clarity.