



AmeriCorps Members Coaching Program Guide for Fellows 2020/21 Program Year

Dear AmeriCorps Fellows,

Thank you for joining us! This guide is designed to help you create a powerful coaching relationship with your coach.

Below is information about the program:

Please read carefully:

Upon completion of the reflection questions in Coaches Console, you will be matched with a coach for an **INTRODUCTORY DISCOVERY SESSION**.

If you decide that this coach is right for you, set up your first coaching session. **AFTER** this, the coach will contact Ursula to make the coaching agreement official.

If this coach is NOT a good match, contact Ursula immediately (ursula@beaboveleadership.com) to request a **SECOND** and last **DISCOVERY** session with another coach.

If you want to know more about coaching - and what it is, watch these videos:

- What is Coaching: <https://vimeo.com/363622068#at=0>
- Coaching Demo: <https://vimeo.com/363623230>

For this program, you agree to:

- To contact the coach within 7 days of the email introduction. Coaches will be re-assigned to other applicants after 7 days. We will send a brief email introduction to you and the coach with email contact information right after you have been matched. It is your responsibility to initiate the first communication.
- The coach and you will agree to a mutual time to schedule your first session, after the discovery session is completed. Please honor the time of the coach. They are donating their time and are excited to work with you.
- You have a choice to schedule either one or two calls per month, either 30 or 45 mins. Please arrange this with your coach of choice.
- Coaching will start sometime between November 1 and December 1, 2020 and will end April 2021 (unless differently agreed upon with your matched coach).
- All coaching will take place over the phone. Some coaches will not live in Minnesota but are usually available via Skype or zoom. Some coaches may live abroad. Both coach and client need to agree on the form of communication.
- Please make sure after you are matched that the phone situation has been sorted out via email.
- You agree to honor your time commitment and cancel your appointments with your coach at least 24 hours in advance.

Everything else is a designed and a confidential partnership between yourself and your coach. You get to say what you like to work on during your coaching sessions.

Your reflections from the questionnaire will be shared with your coach unless you let us know not to.

Enjoy this journey; it is both fun and exciting as well as challenging to have this kind of support and a person that will be both mentor/coach and sounding board.

Please let me know if you have questions or concerns. I am here to help.

Ursula and Ann

contact: Ursula@beaboveleadership.com