

What to Expect from the Applied Success Coaching Appointments

We use the G.O.A.L.S. method for moving through this program. The following is a description of each.

G: We establish and prioritize realistic and measurable goals through a collaborative process of discussion and the use of assessment tools. We review how intention guides our thoughts and actions and in turn how that can be used to support achievement of goals. It is the mission of the Applied Success Coach to come alongside the client and provide the needed support, in order to have clearly identified and realistic goals.

O: Obstacles are best addressed with a solid action plan. Some obstacles can be anticipated while others cannot. However, a discussion of potential obstacles will help clients prepare for events that may take them off course. In this planning, we discuss how to use strategies that are practical and feel authentic for the client. This can be an experiential process and often requires some trial and error. It is the mission of the Applied Success Coach to help the client identify useful strategies.

A: Action Plans, Assessment and Reassessment are performed regularly to identify what is working and what is not. This is an opportunity to become more self-aware. We will discuss clues that can be used to improve the identification of successful tools and strategies. We work to refine the habits and behaviors that support goal attainment. Finally, we will discuss how to course correct, when necessary.

L: Learning is a lifelong process. With increased self-awareness we can begin to identify the areas of learning that will enrich our lives and our individual growth. We explore this idea of learning, as a tool of empowerment. This is interwoven in each stage of G.O.A.L.S. This is also the area where we address the concept of the process being equally important as the attainment of the identified goal.

S: Soaring towards individual greatness! With the integration of the G.O.A.L.S model into your life, you will have a practical structure to use as you develop and refine your definition of individual greatness.

The **FIRST** appointment will include a review of client intake paperwork. Using the Canadian Occupational Performance Measure (COPM), we will establish goals and discuss potential obstacles. These goals will provide the destination for this journey. The anticipated obstacles will guide the conversation for appropriate strategies to use and integrate into daily life. An action plan will be made for the week.

The **SECOND through FOURTH** appointments will include a review of challenges and successes since the previous session. Education will be on the brain and related functions. The clients age will guide the activities used to address this content. Executive functions will be introduced and discussed in relation to areas of difficulty for the individual client. Obstacles and strategies will be reviewed/revised and an action plan will be made each week.

ACCOUNTABILITY calls are an informal check in, helping to support the client/family in implementing strategies, an opportunity to ask questions and most importantly share successes.