

U Welcome to U-LEAD

COACHING PLATFORM

Your Coaching *Playbook*

www.uleadit.com



What is coaching?

Coaching is a process that helps a person – **the client** – actively learn about themselves and make any desired changes. This process is supported by a practitioner – **the coach**. Coaching supports clients in becoming who they want to be by first embodying who they already are.

The European Mentoring and Coaching Council (EMCC) defines coaching as:

“an art: that of helping a person or a group to develop and enhance their professional, relational and personal potential in the realisation of their projects and to take their rightful place in the relationship they have with themselves, others and their environment.”

ULEAD - Coaching Platform aims to:

“empower women to (1) reach their full potential, (2) navigate challenges in both their professional and personal lives, (3) achieve their dreams and career goals, and (4) gain financial independence.”

Coaching, Mentoring, Therapy & Consulting: What's the Difference?

Coaching

- Focuses on self-reflection and self-realisation.
- The coach provides minimal input and asks questions to help the client find their own answers.
- Non-directive, goal-oriented, and forward-looking.

Mentoring

- Provides guidance and advice from someone who has walked a similar path.
- Based mainly on the mentor's experience.
- Often used for career and business development.

Therapy / Counselling

- Addresses clinical, emotional, and mental health needs.
- The therapist supports healing through guided input and questioning.
- Past-oriented or forward-looking

Consulting

- An expert is hired to solve or prevent specific problems.
- The consultant analyses the situation and provides recommendations.
- Directive and focused on problem-solving and execution.

Is coaching right for me?

Coaching may be right for you if you **feel stuck, overwhelmed, or at a crossroads**, and want clarity and support to move forward.

You don't need to have a clear goal — curiosity, openness, and a willingness to reflect are enough. If at any point coaching doesn't feel like the right fit, that's always okay to name.





What should I expect?

Each session is a **confidential, non-judgmental conversation centred on what matters to you.**

Sessions are **guided but flexible.** Some sessions bring clarity and insight, others raise new questions or emotions. All of this is part of the process.

You don't need to **perform, explain yourself, or have things figured out.** You're welcome exactly as you are — including **doubts, contradictions, and uncertainty.**

How do I prepare for a session?

Before your session, take a few moments to reflect on what's currently present for you — what feels heavy, unclear, or important. **You may want to write down thoughts or questions, but it's also okay to arrive without an agenda.**

You can bring anything into the space. Helpful starting questions might be:

01.

What feels most important for me right now?

02.

What do I want support with today?

03.

What would I like to achieve by the end of this session?

How should I feel after a session?

There's no "right" way to feel.

You might feel **lighter, clearer, emotional, thoughtful, or even tired.**

Coaching doesn't always feel comfortable — but it should feel **safe, respectful, and supportive.**



Exercise: Core Values

Clarify what matters to you, personally and professionally.



- 01.** Think of a positive event you're proud of and note 5 values connected to it. Use a values list if helpful.
- 02.** Think of a negative experience and note 5 values you wish been present in you or people around you.
- 03.** Combine all values and rank them to identify your top 5. Bring these insights to your session.

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**Thank
you very
much!**

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