



ENVISION LIFESTYLE

Peak Performance Coaching



PREPARED AND PRESENTED BY
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About Envision lifestyle



A LITTLE BIT ABOUT OUR HUMBLE COMPANY

Envision Lifestyle provides services of coaching for individuals that are seeking peak performance. Our aim is to create an environment where we can BE CREATIVE by challenging your vision's and overcome any roadblocks that might be on your way. BE INSPIRE to celebrate successes in life via a growth mindset. BE LOVE by being passionate about doing what your heart and soul best express you. BE YOU by investing on your self-growth and self-development knowing that you can achieve your Definite Purpose in Life.

Adriana Santoro

MY STORY



After working in the Hospitality Industry for the past 30 years meeting amazing people and learning so many transferable skills I come to a new era of my life, an era of self-discovery and true purpose. My journey wasn't always easy, and it required focus, clarity and most of all a sense of adventure and curiosity.

My transition started about 6 years ago, I had a set back and felt very ill, and sharing my struggles is not something I like to talk about but I decided to be brave and allow myself to be vulnerable. Until this day, I am not sure if I have been able to express in details my everyday struggle, I really reached rock bottom! From a lung condition to chronic pain, inflammation, food allergies, fatigue and working on average 60 hours per week, not eating and not sleeping..... Until one day I had a moment and felt like a switch turned on and I decided to take accountability for my actions.

The recovery period started, and my focus was to be healthy again and ensure my envision of a better lifestyle was made concrete and priorities redefine. You might ask why am I telling you this? Because I made the mistake to go through this alone and believing I am strong enough to put up with anything that comes my way - but reality is that every single part of my life was falling apart and I refuse asking for help. I did not want to admit my weakness and most of all I did not want to accept my limitations and my new reality. My life, my habits everything had to change for survival.

I now follow my passion about helping and supporting individuals unlock their potential growth in their life by guiding and motivating them to be at their Peak Performance. As a Coach I explore individuals' values and work towards actions and steps to fulfil dreams and be inspired to achieve their Definite Purpose in Life.

I managed to achieve and growth so much, it has come with sacrifices but I now have experienced the benefits that having a coaching can do to an individual and wished I had taking this opportunity a lot earlier in my path.

I am not for everyone but the person I am for is ready for taking control of their destiny and has no fear of transforming. Is this you?

What is coaching?



Coaching is to help a person change in the way they wish and helping them go in the direction they want to go. Coaching is about supporting individuals to create clarity and realise the potential within themselves. It's a process that aims to improve performance and focuses on the 'here and now'. A coach walks alongside the client through the journey that they are taking, helping to create manageable actions to move towards their overall goal. It aids getting from A-B quicker than you would on your own by asking pertinent questions.

The ICF (International Coach Federation) defines coaching as 'Partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential'.

In a nutshell Coaching is unlocking people's potential to maximise their own performance.



Why working with a Coach?



You will get clearer on what you want in Life.

People will choose to work with a Coach because they're feeling stuck or hit a roadblock and unsure of what they want. A Coach will help you to find the answers through powerful questions. Once you are clear of what is your vision, personally and or professionally, your Coach will help you to turn your desires into Goals.

You will get clearer on what actions will help you to move forward.

A Coach will not only help you to discover what those actions are, they will help you to organise them and collaborate with you to create a clear and effective plan of action.

You will get clearer on what is holding you back.

Coaches have exceptional listening skills, and they understand our words reveal our world. A Coach will help you spot what fears or limiting beliefs are holding you back and help you to move past them.

You will develop better habits.

First, we make our habits and then our habits make us! A Coach can help you to choose and implement the habits that will serve you best.



Why working with a Coach?



You will believe in yourself more.

Your Self-belief will grow every time you make small steps towards your vision, without self-belief, life is a constant struggle. The right Coach will help you to develop phenomenal levels of Self-belief.

You will develop more courage.

As a result of your Coach encouraging you to take bigger and bolder actions, pushing you outside of your comfort zone, you will develop more courage. With courageousness, more is possible than you ever thought possible.

You will become a better time manager.

As we value ourselves more, we begin to value our time better by scheduling moments for working on our goals as well as moments to relax and have fun. Time is our greatest resource because we can't create more of it. Take control of your time and you'll take control of your life.



Why working with a Coach?



You will value yourself more.

Working with a Coach is already a sign you value yourself because it's a commitment of your time, energy and money. Your Coach will help you to set strong boundaries with friends, family members and colleagues, enabling you to communicate your needs and wants confidently.

You will learn new tools for living a better life.

Whether it's time management, stress management, communication, confidence or something else you want to improve, the right Coach will have the right tools to pass on to you.

You will feel more motivated.

So often our reasons, our WHY, is bigger than just ourselves. Knowing your motivation, your WHY, helps you to keep moving forward.

You will feel supported.

The feeling of having somebody in my corner, someone who can believe in me and my dreams, someone who will encourage and motivate and hold me accountable. Working with a Coach will help you to get to where you want to be quicker and easier than you go alone.



Personal Development Coaching

Some organisations invest in more formal personal development or life-coaching for their employees where the emphasis is on developing that person in order that they can better perform in their role.

Often this is termed executive coaching and is reserved for those more senior in the organisation or those regarded as 'high flyers' simply because of the perceived cost. Taking the time out in a more formal coaching session can really help an individual reflect upon: what is important to them, their skills, attitudes, qualities; will raise their own awareness and increase their own responsibility for taking action and their success.

Some organisations use external coaches and some have dedicated trained coaches internally who can carry out this role.

GRAND TOTAL



Benefits of Personal Development Coaching



The personal benefits of coaching are as wide-ranging as the individuals involved. Numerous clients report that coaching positively impacted their careers as well as their lives by helping them to:

- ✿ Establish and take action towards achieving goals.
- ✿ Become more self-reliant.
- ✿ Gain more job and life satisfaction.
- ✿ Contribute more effectively to the team and the organization.
- ✿ Take greater responsibility and accountability for actions and commitments.
- ✿ Work more easily and productively with others (boss, direct reports, peers).
- ✿ Communicate more effectively.



Health and Wellness Coaching



Health and wellness coaches work with clients to improve their health, vitality, and well-being by engaging in behaviors that have been proven to improve health and prevent disease including weight loss, fitness, nutrition, stress coping, sleep, mind-body and positive psychology interventions. The outcome of health and wellness coaching is expanded capacity for lifestyle change and sustainable lifestyle change. Many people struggle with something that is damaging their well-being, e.g. uncontrolled stress, excess weight, life balance, low energy, poor fitness, inadequate levels of positive emotions, or a medical condition. They find it difficult to engage, day in day out, in investing in their health and well-being in order to foster vitality and avoid a preventable illness.

While some people are what behavioral psychologists call “pre-contemplators” – either in denial or at rock bottom confidence levels around lifestyle change, most people can be described as “contemplators.” They frequently think about living healthier lifestyles and weigh up the pros and cons for change. Good intentions and earnest attempts abound. What fails is the implementation - people lack lifestyle and psychological knowledge, skills, capacities, processes, tools, mindsets, and support leading to autonomous, lasting lifestyle change.

Coaches help people overcome the struggle, and build resources such as self-empathy, self-motivation, self-awareness, mindfulness, new insights and perspectives, confidence, optimism, and resilience, and make changes that last. Their new lifestyles become embedded into who they are.



Life Coaching



Life coaching draws upon a variety of tools and techniques from other disciplines such as sociology, psychology, neuroscience, positive adult development, and career counselling with an aim towards helping people identify and achieve personal goals.

Specialty life coaches may have degrees and may have studied psychological counselling, hypnosis, dream analysis, divination, marketing, Neuro Linguistic Programming, Affirmations, Auditing, and other areas relevant to providing guidance. However, life coaches are not necessarily therapists, consultants, sports instructors or health care providers, and psychological intervention and business analysis may lie outside the scope of some coaches' work.

CLIENT AND COACH RELATIONSHIP!



Coaching is a co-creative relationship; together we create more power for you to effect meaningful change and take dynamic actions towards your forward vision.

Please understand that every individual reacts to a different pace and if you are seeking changes this will be determined by your efforts, focus and willingness to make it happen and the best way to get out working from coach is:

- Make your coaching sessions a priority, you have chosen to invest in yourself.
- Take time before each session and focus in what you would like to achieve.
- Be on time.
- Be open minded.
- Be willing to change your beliefs and patterns if they do not serve you anymore.
- Be willing to be challenged.
- Create an inspire vision for your purpose.
- Be willing to invest in the future.
- Have fun.
- Communicate your likes and dislikes.
- Remember; the coach is here to help you succeed.

What you can expect from me

MY PROMISES



Promise 1: PROFESSIONALISM

I pledge to create boundaries and an atmosphere of improvement demonstrating a sense of responsibility and mutual understanding. Will always search for ways to growth professionally and personally.



Promise 2: TRUSTWORTHINESS

I pledge to be reliable, committed and respectful of your trust by simply being loyal and confident and aware of individuals concerns.



Promise 3: SUPPORT AND GUIDANCE

I pledge to support and guide you by consistently listening and communicating effectively, will demonstrate honesty from start to finish and be proud of achievements made no matter how small or big.



Promise 4: INTEGRITY

I pledge to maintain confidentiality and non-judgement through-out the process and delivery my promise

The Code of Ethics

SCOPE OF COACHING

Ensure the client has a clear understanding of the difference between coaching vs counselling vs consultancy vs mentoring vs therapy. Clearly explain the limitations of coaching in relation to psychological conditions: coaches are not trained, qualified or able to diagnose or treat any form of mental illness or disorder. Establish a professional coaching relationship by clearly communicating the role of both the coach and the client.

COACHING AGREEMENT

Sign a coaching service agreement with all clients prior to beginning the coaching relationship. Include the roles, rights, responsibilities, and expectations for both parties. Respect the client's right to terminate the coaching relationship at any point during the process, subject to the provisions of the agreement. Refrain from coaching minors (people who have not yet had their 18th birthday) without the express written consent of parent, guardian, or teacher as appropriate.

INTEGRITY

Accurately and honestly identify your coaching and career qualifications, experience, expertise, training, or certifications. Recognise and disclose any material used in your coaching practice that you cannot claim ownership of. Violating this standard may leave you subject to legal remedy by a third party. Honour an equitable coach/client relationship, regardless of the form or amount of compensation. Make no claims or implications of outcomes that cannot be demonstrated or guaranteed.

CONFLICT OF INTEREST

Seek to be conscious of any conflict or potential conflict of interest and openly disclose any such conflict and offer to remove myself when a conflict arises. Always strive to recognise personal issues that may impair, conflict with or interfere with your coaching performance or your professional coaching relationships. Promptly seek the relevant professional assistance and determine the action to be taken, including whether it is appropriate to suspend or terminate your coaching relationship(s) whenever the facts and circumstances necessitate.

CONFIDENTIALITY

Treat all clients and potential clients with absolute dignity, confidentiality, and respect as free and equal individuals. Maintain, store, and dispose of any records, including electronic files and communications, created during your coaching engagements in a manner that promotes confidentiality, security, and privacy and complies with any applicable laws and agreements. Obtain written permission from any client or potential client before releasing their names in references or testimonials. Disclose, upfront, that as a professional coach you are required to report to the authorities should your client disclose or display intent to harm themselves or others.

GET IN TOUCH



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THANK YOU



*"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny."*

Lao-Tze