

Individual Coaching Information

Traci Smith

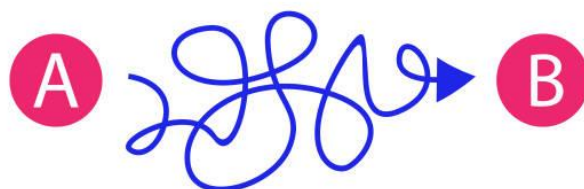
General Information and Model

Welcome! I'm so glad you're here to learn more about coaching with me. I look forward to getting to know you better and walking alongside you as you seek greater purpose, meaning, and joy in your life. I am here to help you find and use the tools you need in order to live a courageous and creative life. .

The coaching model I use is the image of a journey. Everyone's going somewhere, and as a coach, I want to help you get from one place to the next.



Often our journeys are not a straight line. We still get to where we're going, but with many ups and downs along the way.





As you think about where you are, and the journey you want to take, I will work with you to clearly define where you're going and how you want to get there.

I'm ready to jump in with you no matter where you are on your journey, be it the dreaming stage, the planning stage, the doing stage, or the evaluation stage.

Coaching Specialties

Schedule a call with me if you are curious about your own journey and whether or not I can help you. Here are some areas in which I specialize:

Life Transitions

- Job Changes (retirement, career changes, vocational identity, new business ventures)
- Divorce
- New Parenthood
- Moving
- Marriage

Work-Life Balance/Integration — I help busy working parents, particularly moms, through the many challenges we face in balancing life, work, and home. Together we identify your unique challenges and find solutions that lead to a happy and healthy life. I use a holistic approach that integrates the core aspects of your personality and goals.

Creative Projects — So many of my clients come to me with dreams about projects they want to complete, whether it's a book, business venture, or other creative endeavor. I love working with them to see these projects all the way through to their launches/debuts. What are you hoping to create and send out into the world? I can help you get it out there.

Leading Through Change — I have a lot of experience leading non-profit/religious organizations through times of turbulence and change. If you're in need of support as you do this, I can help you live into a model of self-differentiated and non-anxious leadership, even if your organization is in a time of conflict or crisis.

Leadership Areas:

- Faith Formation
- Clergy
- Non-Profit Executive Leadership

Healing Journeys — Whether it's moving through grief or addiction or finding a new sense of self after a relationship breakup, I can help empower and encourage you, even if your path is bumpy or rocky.



Difference Between Coaching and Therapy

Though I have extensive experience in non-clinical counseling and solution-focused interviewing, it's very important to know that coaching is not therapy. I have experience helping clients discern whether or not therapy or other clinical modalities would be useful. I often work with clients to help them discern this and find the clinicians they need.

Coaching	Therapy
Present and future focused	Typically involves integrating past experiences with the present
Helps to clarify goals and action steps	Should be provided by licensed clinicians who have specific training in therapeutic healing methods/modalities
Does not involve diagnosis or mental health treatment	May involve diagnosis or treatment plans

You Are the Expert on Your Own Life

As your coach, I won't tell you what to do or assume I know what you need. I draw on gifts of empathy and creativity to tailor your coaching sessions to what will help you the most. Because each person is unique, each session is unique. I'm not interested in a one-size-fits-all approach because I know that each person's needs depend on a variety of factors. Though I never tell you what to do, I have an ever-expanding toolkit of resources we can use to help you get "unstuck" in any area that is challenging or overwhelming. If something isn't working, we try something new!

My Background and and Expertise

I have a Bachelor of Social Work (BSW) from Calvin College and a Master of Divinity (M.Div.) from Princeton Theological Seminary. Both programs provided extensive experience and opportunity to work with people in non-clinical counseling settings. As a part of my M.Div. program I completed one unit of Clinical Pastoral Education (CPE) at a Trauma 1 hospital. I've worked in non-clinical settings for over fifteen years and have accompanied people with many different backgrounds.

I'm also a writer who has published five books on faith and family with two separate publishers. My books are about creating faith based habits and routines that create meaning, connection, and spiritual wholeness. Some of my clients have religious backgrounds and others do not.

I am currently enrolled in an ICF (International Coaching Federation) accredited program in order to obtain my ACC credential. As a part of this process, I'm now a member of the ICF and am committed to our code of ethics.



Rate

My coaching program costs \$1350 for six one-hour sessions. For leaders who work in ministry or non-profit spaces, this is discounted to \$950 for six sessions. After our initial six sessions, you can either renew for additional six sessions at the same rate or purchase sessions one at a time. The “ala carte” rate is \$250 per session (reduced to \$175/session for ministry and non-profit leaders.)

Frequency

The pacing of your sessions is up to you. I have clients who meet weekly, biweekly, monthly, or even on an “as needed” basis.

Next Steps

If you're interested in exploring coaching with me, the first step is a no-obligation 20 minute discovery call. We'll talk about you and your goals/journey, and I'll answer any questions you have. Together we'll determine whether or not we're a good fit for each other.

You can sign up for a call at www.calendly.com/traci-smith/discovery

Thank you again for your interest in coaching with me, and I look forward to seeing you on my calendar one day!