

Individual Coaching

Who Are We?

Aalinian, meaning ‘*to align*’, is a provider of individual and team coaching, and coach training at all levels. We work with organisations and individuals to improve morale, retention and performance through compassionate coaching. We also provide training to managers, leaders and team members at all levels to improve their ability to coach others.

What Exactly is Coaching?

There are many ways to figure out how to resolve an issue, make a change, adapt to uncertainty or simply get clarity. You can go to a teacher, mentor or advisor and they will give you advice which you may or may not take. Coaches typically don’t give advice but will work with you to really clarify the issue, look at all the potential options, decide what the best course of action, and then figure out what you are going to do and by when.

Coaching a very supportive process, offered without judgment based on deep questioning and clarity of thinking. Research has shown that coaching is the best way to make lasting change because the process of change is led by you, with your strengths, with the assistance of the coach.

The coaching sessions are 45 minutes long and they are held over the phone, or using Skype or Zoom (audio only, or audio and video).

FAQs

Is coaching for me?

Yes, without a doubt! Coaching is for everyone, and are especially helpful for anyone experiencing any kind of change, transition or issue in their professional or personal lives.

What happens during a coaching session?

A coach will work with you to understand your situation from all sides. Then, they guide you in a non-judgmental way in brainstorming your options and choosing your own best course of action. Finally, they work with you to figure out how to hold you accountable, help you prepare to manage your situation, make the changes you want, and practice new skills.

How confidential are the sessions?

Any conversation that you have with a coach is completely confidential, so you can feel comfortable being open and honest about whatever is on your mind. We are bound by a code of ethics as we are all members of the International Coaching Federation (ICF).

What should I talk about?

You can talk to a coach about anything that's holding you back from doing your best work, thriving in your role, or having your best possible life at work or home.

How do I fit a session in with my busy schedule?

We're here to make this easy. You can book a call for before work, after work, during the day, or on the weekend. If 45 minutes isn't enough, we can schedule another session.

Can I choose my coach?

You can choose anyone of our coaches for any of your sessions. You can have the same one, or different ones for multiple sessions.

How many sessions will I need?

This is entirely up to you and what you are trying to resolve or figure out. It can be a single session, or multiple sessions. Our coaches are highly skilled, and they will work to get resolution at a timely pace.

How Do I Book a Coaching Session?

Simply go to www.aalinian.com and look at the page with our coaches on it. You can either book them directly through the website or contact them by email to organise your session.

If you have any further questions please just drop us an email at hello@aalinian.com and we will get back to you as soon as possible.