

WELCOME

For all Prospective Collaborators,

Thanks so much for your interest in Coaching with Aang! I am excited to explore a coaching relationship and start our work together to help you find clarity and reach your goals. Please find the enclosed Welcome Pack which includes:

- Welcome Information
- Coaching Agreements
- Coaching Success Guidelines
- Code of Ethics
- Coaching Disclaimer
- Payment Agreement
- Coaching Intake Pack

Please review the welcome packet and the Coaching Agreement before making a decision. Once you are ready to take the next step, you may complete the Coaching Agreement and the Intake Packet and return at least 24 hours prior to our first session together.

If you have any further questions, please do not hesitate to contact me. I hope you are excited to begin and I look forward to our first session.



Aang Lakey

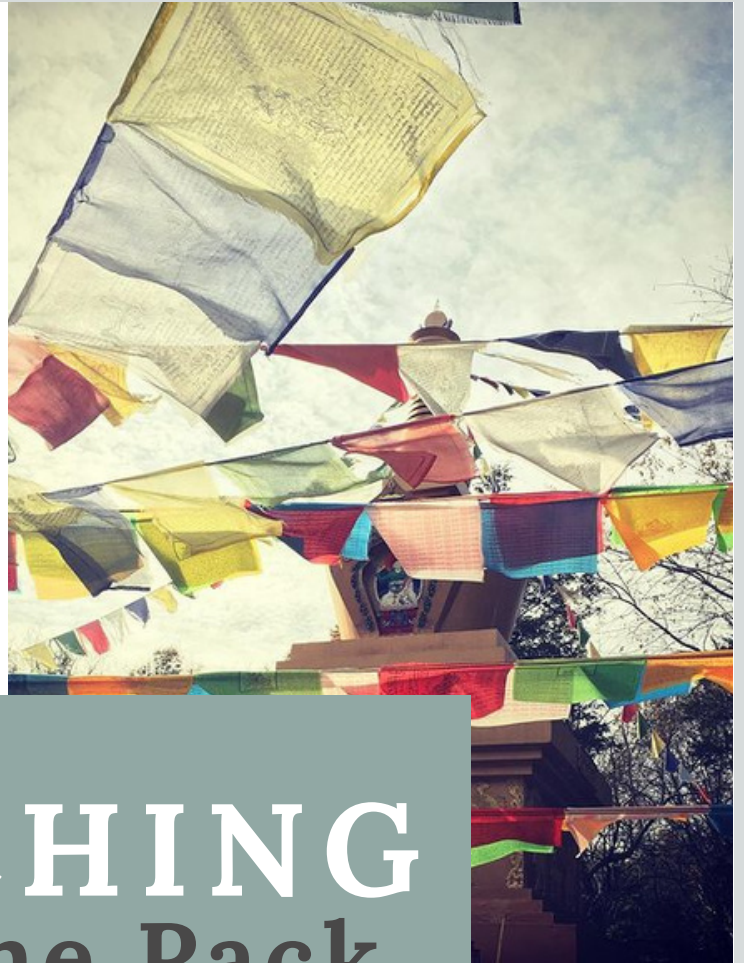
Coaching with Aang

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COACHING

Welcome Pack

www.CoachingWithAang.com
[@SocialWorker_Coaching_Peace](https://www.instagram.com/SocialWorker_Coaching_Peace)



Table of **CONTENTS**

01

WELCOME

*Learn more about the benefits of a
life coach and what
Coach Aang offers*

02

ABOUT AANG

*Learn more about Coach Aang and
their methodology.*

03

THE PROCESS

*Get to understand the process of life
coaching and what to expect on your
journey with Coach Aang*

04

SERVICES

*View the range of services Coach
Aang provides and the finer details
of each*

05

FURTHER INFO

*Plan your next steps and have any of
your remaining questions answered*

A person is sitting in a meditative pose on a large, dark, textured mat floating on a body of water. The background shows a blue sky with light clouds and green foliage framing the top and sides of the image. A semi-transparent white rectangular box is centered over the upper part of the image, containing the text 'Section 1' and 'WELCOME'.

Section 1

WELCOME

*Coaching
with Aang*

WELCOME

Warmest of Welcomes

Thank you for choosing Coach Aang to assist you on your journey to live your best life and achieve your goals. In the following pages of this welcome pack, you will find out all about Coach Aang, all the services and support available, and how the whole life coaching process works.

As a Social Worker and an Organizational Leader, I believe in utilizing a transdisciplinary approach that incorporates academic expertise, leadership experience, mindfulness practices, behavioral techniques, and development of skills and techniques that help you succeed in reaching your goals. I practice from a social justice and human rights base with an anti-oppressive practice lens so I can focus on your strengths and future success. I believe you have within you the power to create the change you seek and together we can help you find ways to express your full potential.




Coach Aang
Life Coach

Coach Aang is an avid Yogi, Meditator, Social Justice Advocate and Fierce Ally to all. Their background and expertise, which you will find in section 2, can help to facilitate meaningful change in your life to enhance both your personal and professional growth.

Instagram handle:
@SocialWorker_Coaching_Peace





—

**Our attitude
toward life
determines
life's
attitude
towards us**

Earl Nightingale



*Coaching
with Aang*

What are the benefits of A LIFE COACH

Organized Mind

Improve your mindset to better manage emotions and challenging behaviors

Positive and Emotional Intelligence

Develop your PQ, EQ, and growth mindset through bioengineering.

Self Regulation

increase your ability to regulate your emotions and remain calm in stressful situations

Goal Setting

Help You With Goal-Setting And Making A Plan Of Action To Achieve Them

Problem Solving

Better Equip You To Work Through Solutions To Specific Problems

Presence

Help You To Learn To Engage In Being Present

Mindset

Enable You To Re-Evaluate Your Thinking, Assumptions And Beliefs

Improved Clarity

Help You Gain Greater Clarity Around Your Purpose And Passions In Life

Self-Awareness

Help You To Develop Better Self-Awareness

Motivation

Increase resilience, persistence and optimism



Section 2
About
Coach Aang



Coaching
with Aang

Getting to know *Coach Aang*



Hi there!

As I shared above, I believe in utilizing a transdisciplinary approach that incorporates academic expertise, leadership experience, mindfulness practices, behavioral techniques, and development of skills and techniques that help you succeed in reaching your goals. I practice from a social justice and human rights base with an anti-oppressive practice lens so I can focus on your strengths and future success. I believe that you have within you the power to create the change you seek and together we can help you find ways to express your full potential.

The following pages share more about my background, what the process will consist of, and how you can best prepare for our coaching journey.



*Coaching
with Aang*

Coaching Welcome Pack



Aang Lakey

Pronouns: They/Them

Biography

Coach Aang identifies as a social worker by education and practice, but holds degrees in Criminal Justice, Social Work, and Human Relations and Organization Development with a focus on Executive Leadership. Coach Aang is also currently completing a PhD in International Leadership.

Coach Aang's experience in the violence prevention field includes working with military service members and organizations focusing on primary prevention efforts through the SAPR programs, DEI programs, EEO programs, and Leadership Development Programming. They have taught at all echelons of various Services (Army, Navy, Air Force, and Coast Guard) and have led collaborative research-informed projects across their practice.

Coach Aang has also worked with other populations to include supporting LGBTQ populations through anti-violence advocacy, education, awareness and primary prevention activities; providing confidential advocacy services to individuals who were incarcerated; supporting homeless youth and providing education and support tailored toward reducing risk factors and implementing protective factors to help them regain control of their lives and prevent future harm; working with underprivileged youth through various mentoring and development programs to build critical interpersonal skills; and working with individuals through a restorative justice program implementing victim-focused and community-based approaches for responding to crime that targeted the specific harm caused and worked to enhance the safety and wellbeing of the community.

Coach Aang attended the Military College of Vermont and Commissioned in the Army Guard, where they served for about 15 years. In their military roles, Coach Aang served as a Medical Case Manager for wounded members returning from Afghanistan, a social work intern assisting members returning from combat areas, a clinic OIC, PDHRA program manager, Operations Officer, and closed their career as a Commander for just under three years.

Throughout their career, Coach Aang has brought a social justice and human rights perspective to each role that they have supported and has always advocated to increase protective factors to help reduce inequality that leads to systemic oppression and marginalization of others which can be exponential risk factors for folx throughout their lifespan.

Section 3

THE PROCESS



Coaching
with Aang

What to EXPECT

If you are wondering, "what exactly is coaching?" or "how can coaching help me?" take a look at a few of the ways that Coach Aang can help you to navigate any life concerns you have to help bring clarity, gain insight, organize your mind and reach your goals.



Coach Aang will help you to create insight by building a positive and growth oriented mindset to help you to overcome perceived limitations



Coach Aang will help to bring clarity to your concerns by asking powerful questions that bring out your inner wisdom and build on personal strengths



Coach Aang will utilize a transdisciplinary approach that incorporates leadership expertise, mindfulness practices, and skill building techniques for you to succeed



Coach Aang will help you to organize your mind, understand bioengineering for sustained behavioral change, explore your purpose, and reach your goals



What Coach Aang Expects OF YOU

Attend and be on time for each of our sessions

Be present with the coach and free from distraction for our sessions

Be fully prepared for each coaching session with an agenda of what I would like coaching on

Ensure my coach knows everything he/she needs to know so he/she can coach me to the best of their ability

Maintain high expectations for both myself and my coach

Take my own notes and be responsible for my own learning and my personal take-aways

Be sure to provide my coach with feedback on what's working for me and what is not

Inform my coach of any scheduling conflicts more than 48 hours in advance of our next session. I understand that if I cannot do this then my session will be forfeited and I will pay the associated fees





What You Can Expect from Coach Aang

I will be on time for our sessions together

I will be present with you and free from distraction for our sessions

I will hold what you tell me in complete confidence and abide by the International Coach Federation code of ethics

I will be genuine, kind, honest and direct

I will validate, focus on and believe in your strengths and the best in you at all times

I will be prepared for each coaching session

I will support you in considering new perspectives

I will support your learning and encourage your progress

I will consistently focus on your highest agenda for yourself

I will practice from an anti-oppressive lens and be inclusive to any needs or concerns that you have.



Section 4 **SERVICES**



Coaching
with Aang

Services OFFERED



Coach Aang offers a wide range of life coaching services from face-to-face sessions, a selection of workshops or webinars, or our downloadable educational material.



24 weeks face-to-face coaching

Sustainable behavioral change takes time and commitment. If you want to create meaningful and sustainable change to accomplish your goals, this 6 month program is for you.



Coaching Workshops

If you are interested in exploring specific skills or techniques with you or your team, ask coach Aang about their schedule for in person workshops on the topic of your choice within Aang's expertise.



Coaching Webinars

If you are interested in exploring specific skills or techniques in a virtual format, ask coach Aang about their upcoming webinars and how you can access them.



Power Coaching

Four session pack for the person who has a specific concern and is in need of coaching in order to make a decision or resolve the identified area of concern.

Learn More About Coaching with Aang

It is important to understand that coaching is NOT consulting, mentoring, or therapy. It is a professional relationship to help you reach your potential by bringing out your inherent strengths and wisdom to create the meaningful changes that you seek. If you are seeking consulting or therapy services, please ask Coach Aang to assist you with a referral. If you seek consulting with Coach Aang's area of expertise, you can find more detailed information on their website.



What you need to know:

- Coaching requires 100% commitment from the collaborator to reach their full potential
- The Coach is not responsible for any failure to create lasting changes in your life. YOU must commit to change and maintain it through consistent behaviors and actions that support your growth
- Your success in your own hands and, as your coach, I will help you achieve it

The benefits

- Organized Mind for increased clarity and insight
- Strengthened Mindset to take on all life challenges
- Proven strategies and skills to achieve goals and create sustained behavior change

Find out more information on coaching packages here:

www.CoachingWithAang.com

My Coaching PROCESS

1

UNDERSTANDING THE PROCESS AND WHY

Sometimes this can take more than one session and that's perfectly alright! Explore your needs and desires with Coach Aang so we can set up a great plan to move you toward your goals.



How are my thoughts, beliefs, and actions impacting this situation and how can I actively shape my present reality?



I can create change in my life through mastering my presence, mind and emotions, behaviors, and community.

2

MASTERING YOUR PRESENCE

One of the most important things you'll need to understand as a part of our coaching sessions is your ability to build and strengthen your neural pathways for reframing your mindset and sustained behavior change which starts with your presence.



Am I present with my feelings and emotions and how can I be more intentional?



I can acknowledge what I am feeling and experiencing in the moment and intentionally choose how I respond.

3

MASTERING YOUR MIND AND EMOTIONS

This is no easy feat and will require an understanding of mindfulness, psychology, biology and the habitual practices to focus your thoughts, actively choose positive thoughts, and create and sustain your mindset.



How are my thoughts and emotions impacting this situation and how can I make them work for me?



I can choose to acknowledge these thoughts and emotions and actively reframe them from my wise mind.

4

MASTERING YOUR BEHAVIORS / HABITS

If you are successful in understanding and applying daily practices to find your own presence and clarity, then we will continue to build on the psychology and biology by adding in concepts of neurobiology and building new neural pathways for sustained change.



What is keeping me from creating intentional change in this area of my life and how can I shape change?



I can take small actions every day that change my neural networks to build stronger habits toward my larger goals.

5

MASTERING YOUR COMMUNITY

As mastering presence, finding clarity, and sustaining behavioral habit requires dedicated daily practice, these practices can easily disappear from our life if we do not have a positive and supportive environment to encourage continued growth.



Do I engage with powerful, encouraging, and influential allies that can help to inspire my desired changes?



I can connect with at least 3 allies a week to help support my actions for my desired transformations



Typical Coaching SCHEDULE

Pre-Session ● UNDERSTANDING THE PROCESS AND WHY

Sessions 1-2 ● EXPLORING YOUR GOALS AND OUR PATH

Sometimes this can take more than one session and that's perfectly alright! Explore your needs and desires with Coach Aang so we can set up a great plan to move you toward your goals.

Sessions 3-7 ● MASTERING YOUR PRESENCE

One of the most important things you'll need to understand as a part of our coaching sessions is your ability to build and strengthen your neural pathways for reframing your mindset and sustained behavior change which starts with your presence.

Sessions 8-15 ● MASTERING YOUR MIND AND EMOTIONS

This is no easy feat and will require an understanding of mindfulness, psychology, biology and the habitual practices to focus your thoughts, actively choose positive thoughts, and create and sustain your mindset.

Sessions 15-20 ● MASTERING YOUR BEHAVIORS / HABITS

If you are successful in understanding and applying daily practices to find your own presence and clarity, then we will continue to build on the psychology and biology by adding in concepts of neurobiology and building new neural pathways for sustained change.

Sessions 20 -24 ● MASTERING YOUR COMMUNITY

As mastering presence, finding clarity, and sustaining behavioral habit requires dedicated daily practice, these practices can easily disappear from our life if we do not have a positive and supportive environment to encourage continued growth.

FOLLOW UP SESSIONS ● SET NEW GOALS OR CLARIFY EXISTING

Sometimes we fall off our path and need help getting back into our daily practices. Maybe we hit a new roadblock, or the techniques we learned were not right and we could not sustain them, that's alright! If you want to explore these roadblocks or new techniques, your coach has several tools and techniques and we can find a good fit that will work for you in the long run!



**You don't
have to be
great to
get started
but you
have to get
started to
be great.**

Les Brown



*Coaching
with Aang*

A serene pond scene featuring several vibrant pink lotus flowers in various stages of bloom. The flowers have bright yellow centers and are surrounded by large, round green lily pads. The water is dark and reflects the surrounding foliage and sky. A semi-transparent teal box is centered over the image, containing the text 'Section 5' and 'FURTHER INFO'.

Section 5
FURTHER INFO



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The Next STEPS



01

Complete the Coaching Agreement. If you would like to move forward with a specific package, please review and complete the coaching agreement that establishes our work together.

02

Complete the Coaching intake form. In order to most effectively serve you, please complete the questionnaires and evaluation forms in the intake packet so that I have a good place to start when meeting with you.

03

Schedule your first session with Coach Aang. Make sure to arrange for your payment or payment plan with Coach Aang and then prepare for your first session by completing the Pre-Session Form.

04

Reach your goals! Once we have our first meeting, we will establish your top goals that you would like to accomplish over our time together, which will become part of our agreement. Every session we will work towards your goals as you desire.



FAQ's

How does life coaching work?

The benefit of life coaching is that it focuses on exactly what you want to achieve and helps you get there sooner. The tools and techniques life coaching teaches you will help you become more result-orientated and goal-directed in your goal achievement

How is life coaching different from therapy or counselling?

In simple terms, most forms of therapy, including counselling, focus on 'what has happened'. They are concerned with 'the problem' and with regaining mental balance and perspective. Coaching focuses on what is possible. It is future focused, action oriented and supportive in helping clients move towards their goals.

Where does the life coach focus with an average client?

We focus where the client wants us to focus: Your goals are our goals. Although, we might have some radical suggestions for just how to reach those goals more quickly. Sometimes, in order to be more successful in business, you need to do some personal work. So don't be surprised if you get some personal assessments and quizzes

How long does the coaching process take?

The time frame can vary greatly and depends on a wide range of factors: your goal(s), your commitment and openness to change, your capacity for introspection, your circumstances, how quickly and thoughtfully you complete homework assignments, and other unique factors.

How can I get the best results from working with a Coach?

We recommend you are in a position where you can truly focus and invest in exploring yourself, in order to get the best results. Coaching cannot be seen as a 'quick-fix' – the best results take a thorough approach with focus. Time pressures often negatively impact the person's ability to focus and get the most from the sessions and work.



Contact Me

How to get in touch:

Contact me by either email at
Aang@CoachingWithAang.com, or
WhatsApp me at +1-802-793-5838

My Coaching hours:

17:00 - 21:00 Monday to Friday
08:00 - 15:00 Saturday and Sunday
or by exception as arranged with me



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I look forward to supporting
you on your journey!

www.CoachingWithAang.com