

A prospective client interview with Coach Denise Starrett

Please take a moment to read this before hiring Denise as Your Inner Smile Coach.

How did you get to be a Life Coach?

To answer this question it might be best to share with you a defining moment that brought me to where I am today, helping motivated client service professionals to balance the demands of their professions with their own personal aspirations and shift their lives from stress-filled to more joy-full.

That defining moment in my life happened a few years ago while I was living in London, England. I had been living abroad for a number of years working in global mobility client services, both in consulting firms and corporations. My days were filled in service to others but I wasn't feeling fulfilled.

I realized the story I had been telling myself for so long in the name of career success was to put off being happy until my work was done, projects finished, team members motivated, clients satisfied, the list went on and on. It seemed the more I added on my "to-do" list, the more I noticed symptoms of stress and the imbalance in my life.

Then it dawned on me. Maybe it wasn't an either or thing - work or life?

With the help of a Life Coach (to whom I will always be grateful), I began to transform my life, in a short period of time. I realized how I had been trying to get my own needs met solely through my work for others. By aligning my activities in and out of the office with what mattered most to me and relating better with my Self, I got better at balancing my professional commitments with my personal aspirations.

My performance at work improved, my health improved, and I attracted more of what I really wanted into my life!

The changes I made on the inside reflected on the outside. This is why I say

Be the best of You! Enjoy what gets reflected back to you!

A move to the United States in 2006 coincided with my decision to leave corporate management, and I created my own coaching practice, **Your Inner Smile**, to promote personal growth and well-being.

Who are your clients exactly?

I work with people just like yourself - creative, resourceful, and whole - who are motivated and service oriented and struggling to meet the needs of their clients while pursuing their own passions. Knowing first hand the challenges in mobility services, many of my clients are global mobility professionals.

How are you different from other "life coaches?"

I approach coaching as a profession and a skills set. My model teaches success is easier when we listen to our inner wisdom and accept help to access more of our potential.

I believe you become generative when you make it your intention to be the best of who you already are. Your world responds to that intention to step into your potential and offer more of You in service to others. I help clients realize their potential by focusing on their personal development, following the same steps I used to stop pursuing recognition and start attracting personal success.

My life and work are inspired by the experts in NLP, Law of Attraction, Pilates, HeartMath, as well as intercultural communications (the culture of Self influences us more than any external culture - family, corporate, national). I combine these into creative and personalized recommendations for my clients.

With what type of personality do you work best?

Being highly motivated and optimistic myself, I'm known to work best with other motivated, optimistic people who are open-minded and love to learn and grow. They share my belief that what we focus on expands. When we are optimistic and seek out that which is good and positive in life, more comes our way. It's exciting my clients share my joie de vivre!

As my client, you play an active role in the success of your coaching experience. What I ask from you as a client is

- Clearly communicate what you'd like from each session
- Be honest with me and yourself
- Pay fees and show up on time and prepared for coaching
- Be open to new ideas and perspectives
- Take responsibility for your own decisions, actions, and feelings
- Let me know if something isn't working for you
- Have fun and enjoy the process!

For what type of individual is coaching NOT going to work?

Coaching is NOT for someone who is unwilling to take responsibility for Self or be open to the learning process.

If someone wants to create her future but is stuck, coaching can help her get into a more resourceful state of mind to move her life story forward. To check your readiness for coaching, you can take the on-line quiz.

<http://yourinnersmile.com>

I'm not sure I'm ready for coaching yet, how can I sample your work at low cost to see if coaching is the right solution for me?

One way is to subscribe to my email newsletter. It's intended to be a fun resource for personal exploration and discovery.

You may also want to check out Your Inner Smile Daily blog.

As a subscriber, when I offer teleclasses and workshops, you'll be notified by email how you can register and attend.

I offer coaching services with different fee options. You can relax about the length of commitment; follow your inspiration and you will do what is best for you.

Plus, I offer a free "get acquainted" session. This is an opportunity for us to get to know each other better. Complete a Contact Denise online form and I will be in touch.

How do I start coaching?

You can start by scheduling a "get acquainted" call with me. Complete a Contact Denise online form. This is an opportunity to get to know each other better and get your questions answered. When we decide together our partnership will work, we schedule a coaching session. I will send you a Welcome Packet with certain exercises to complete before our first session.

Do I have to make a commitment to several months of coaching?

Coaching is about you and what is best for you to create the outcomes you want in seeking to be coached.

From my personal experience I can say when you are new to the coaching process it is helpful to commit yourself to a certain number of sessions and define specific outcomes you want to achieve through coaching over 6-12 weeks.

When you open yourself fully to stepping into more of your potential, your intuition will serve you well.

The only commitment I ask of you is that you pay my full fee for the coaching option you decide is best for you.

Are there professional standards for coaches?

Yes. The International Coach Federation has set specific guidelines regarding the code of ethics, accreditation process, etc., to which I adhere. You can learn more at <http://www.coachfederation.org/ICF/>.

Do you accept credit cards?

Yes, as a matter of fact, I only accept payments via Pay Pal. All services and products are priced in US Dollars. To learn more about Pay Pal, go to their website <https://www.paypal.com>. To pay for a session, you simply send your payment in advance (at least 24 hours, thank you) using my email as the account: "denise@yourinnersmile.com." Alternatively, you can click on the appropriate "Buy Now" button on the Services page.

OK, I'm ready to do this for myself, and I have a couple of additional questions. May I call you?

Great! Sounds like you're ready to make a commitment to expanding your choices and enjoying more success. Yes, if you have a couple more questions, just email me at denise@yourinnersmile.com or call me at +1 757.898.1955 to set up a get acquainted call with me. I'll look forward to talking to you!



Denise Starrett, CTACC, is creator of Your Inner Smile, a coaching practice that promotes personal growth and well-being.

She supports service professionals in shifting their lives from stress-filled to joy-full. An engaging communicator, Denise offers a unique blend of insights, principles, and tools in her writing, coaching programs, and seminars.

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