

WELCOME TO



Rebekah Nurfria

COACHING





COACHING

You are naturally creative and resourceful. You know yourself and your life better than anyone else ever could. My job is to partner with you in finding truth and clarity and close the gap between where you are and where you want to be. My job is not giving advice, nagging, or telling you what I think you should do.

Coaching is ultimately your responsibility. Vulnerability, honesty, bravery and follow through - these are how change happens. I cannot and don't want to force you to do anything. You are in charge of your life. You should live it wholly, as you see fit.

We are equals in the relationship. I am not the one with the answers who is teaching you. We are discovering your truth together. The effectiveness of coaching is based on this partnership, working together in trust and authenticity.

Through compassionate, direct and challenge filled conversation, we create a shame-free environment for you to hear your own thoughts, reflect on secret emotions, proclaim actions, wrestle with yourself and win.

Coaching is completely confidential. (Disclaimer- the confidentiality does not extend to criminal activity or you or another person being in physical danger)

Coaching is free of judgement - there is nothing you can tell me that will make me think less of you. Our space is safe and governed by compassion.

Coaching is focused on the present and creating your future, not your past. It's about where you are going from this day forward. It can involve any area of life.

I will interrupt you at times in our conversations to keep us on point. My goal is to keep the focus on you and moving toward your goals.

You are ultimately in charge of the coaching and asking for what you need. If the conversation isn't working for you, simply say so. Unlike any other relationship, my feelings and needs are irrelevant. You get to define exactly how you want me to be for you.

I'll be offering you challenges each session. You always have the choice of saying yes, no, or offering an alternative. Our goal is to define vision, strategize action, challenge mindsets, create energy, establish accountability.



COACHING

Views both parties as naturally creative, resourceful, and whole.

Trained to work with functioning clients.

Works as an equal partnership. Coach and client on a peer basis.

Alliance designed by coach and client together.

Focus on evolving and manifesting potential.

Emphasis on present and future.

Action and “being” oriented.

Solution oriented.

Explore actions and behaviors that manifest high self-esteem.

Regard and coach negative self-beliefs as Saboteurs (temporary obstacles).

Coach and client ask: “What’s next/ what now?”

Accountability and “homework” between sessions held as important.

Contact between sessions for accountability and “wins” expected.

THERAPY

Views clients from a medical model, need for fixing or healing dysfunction.

Trained to work with major mental illness.

Therapist the “expert.” Hierarchy of therapist and client.

Treatment plan largely designed by therapist.

Focus on healing and understanding. Emphasis on past and present.

Insight oriented.

Problem oriented.

Explore origins of behaviors that create low self-esteem.

Analyze and treat origins and historical roots of negative self-beliefs.

Therapist and client ask: “Why and from where?”

Accountability less commonly expected.

Contact between sessions for crisis and difficulties only.



A SIMPLE EXPLANATION OF THE COACHING PROCESS

VISION: We work to develop a clear and focused vision for where you're heading.

STRATEGY: We turn that vision into a strategy, so that every day you'll know what practical actions to take.

STORIES: We dig deep into limiting beliefs; the narratives or stories that you hold as "true" that are actually holding you back.

SKILL SET: We discover the skill set you need to activate your envisioned reality and either work on those skills together or determine where you will go to get them.

ENERGY: We increase your energy by assessing where yours is currently being spent and uncovering what choices refuel you.



CONTACT INFO

Name:

Address:

Cell:

Email:

Work/Employer:

Birthday:

Significant Other:

Name(s) of Child(ren) and age(s):

Anything else you want me to know?



DISCOVERY QUESTIONS

These 5 questions serve to awaken your thoughts and provide me with insight.

What are your non-negotiables for a satisfying, meaningful life?

What 2 actions could you take today would have the most impact on improving your life?

What are your spiritual beliefs?



DISCOVERY QUESTIONS (cont'd.)

If time, money, and failure were no concern, what would you do in your life?

When do you shut down or give away your power?



VISION

These answers serve as our “North Star,” a way to keep us intentional and focused. I invite you to engage these questions with a spirit of ease and curiosity. (Perhaps with a cup of tea or coffee, in a space away from your work and the demands of life.)

If you feel stuck, fast forward 6-12 months from now and imagine you are telling your best friend about your coaching experience and how your life has changed. What do you want to be saying to them?

What are my desired results from this coaching experience?

What are the specific and measurable ways I will know I have succeeded?



Coaching

Rebekah brings intelligence, integrity, and intuitive understanding to her work. You will experience a mix of care, encouragement, and rigor in rewriting unproductive thinking and activating your goals. She easily creates deep connections with clients and inspires the articulation and achievement of personal/professional vision through an experimental, curious, and playful process. She holds a BFA from Southern Methodist University and regularly applies her creative skills to challenge clients and businesses to meet their definition of success. Her clients range from CEOs to entrepreneurs in a variety of fields. She is passionate about mindset, communication, and commitment to action.

- ICF certified coach, PCC with core training through The Coaches Training Institute
- 2014-present; Owner and coach at Rebekah Nanfria Coaching, LLC
- 2019-Present; Contract coach for 3Be Coaching in their Career and Family Transition Program
- 2019-2020; Contract coach with Insight Action, a coaching company dedicated to developing effective leaders and teams.
- Trained facilitator for The Art of Masterful Communication
- BFA from Southern Methodist University

What Clients Say About Working with Rebekah

- “Looking back, the change to my self-esteem, ability to be flexible, and confidence in myself has skyrocketed. I am encouraged by the new me I have developed with Rebekah’s help, and I am looking forward to seeing what I can do!”
- “Strong focus on my strengths and how I can turn weaknesses into opportunities, work on improving my capabilities. Rebekah carefully listens and analyzes/structures your thoughts and focuses on developing a way forward that is beneficial for myself and the firm.”
- “She gives me the perfect mix of care + encouragement + toughness with zero residual BS.”
- “Rebekah is AMAZING - she pushes me and my sessions with her are literally a game changer. She creates a safe space and allows me to learn things about myself that I never knew - and enables me to completely adjust my mindset. It’s incredible and has had such a positive impact on my life.”
- “Rebekah is thoughtful, positive, and invested in your growth. Her coaching truly is a partnership. I appreciate her encouraging words and exciting challenges. Her perspective has been invaluable to me.”

On a Personal Note

I am inspired by deep connection and encouraging people to rewrite the stories that hold them back. When we are free to live in confident, joyful, purpose driven expression of ourselves, we can create thriving businesses, families, and communities. I am intuitive, playful, and highly competitive. I am married with two kids and live outside of Hartford, CT.