

# Matthew's Hub Coaching

Coaching sessions are typically between 45 minutes to a hour long. At Matthews Hub, we can offer 6 sessions of coaching with one of our coaches.



Get in touch with Matthews Hub: If you are already a member of Matthews Hub, contact us at [hello@matthewshub.org](mailto:hello@matthewshub.org) to express your interest in coaching. Our team will have a chat with you to make sure you are eligible for coaching, and if so, will pass you onto one of our coaches for a...



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Discovery Call: A 15-30 minute call with one of our coaches. The aim of this call is to learn more about what coaching is and discuss with the coach whether coaching is suitable for you at this time. If our coaches do not think coaching is the right fit, they will discuss what else may be beneficial for you. During this call, the coach will go over what the coaching sessions will look like, what to expect from the sessions, and what you will need to commit to to gain the most benefit from coaching.

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Session 1: During the first session, you and your coach will discuss what you'd like to gain from the coaching sessions. You may discuss things like your goals, what you think some of the barriers and important topics to discuss might be, and how you will work together.

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Sessions 2-5: These sessions will be different depending on the topics you bring to coaching. During the first part of the session, you and your coach will set the agenda and decide what you will focus on during the session, and where you would like to get to. The main part of the session might involve conversations about your values, your thoughts, what motivates you, and things like barriers. During the last part of the session, you and your coach will summarise the session and where you've gotten to. This might involve action planning and highlighting what you have learnt.

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Session 6: During your final session, you and your coach will discuss the sessions overall and what you have taken from them. This may include reflecting on your original topic/goal, discussing what has helped and what hasn't, and how you move forward from here.

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Following the sessions, you will be asked to give us some feedback on the coaching you've received.