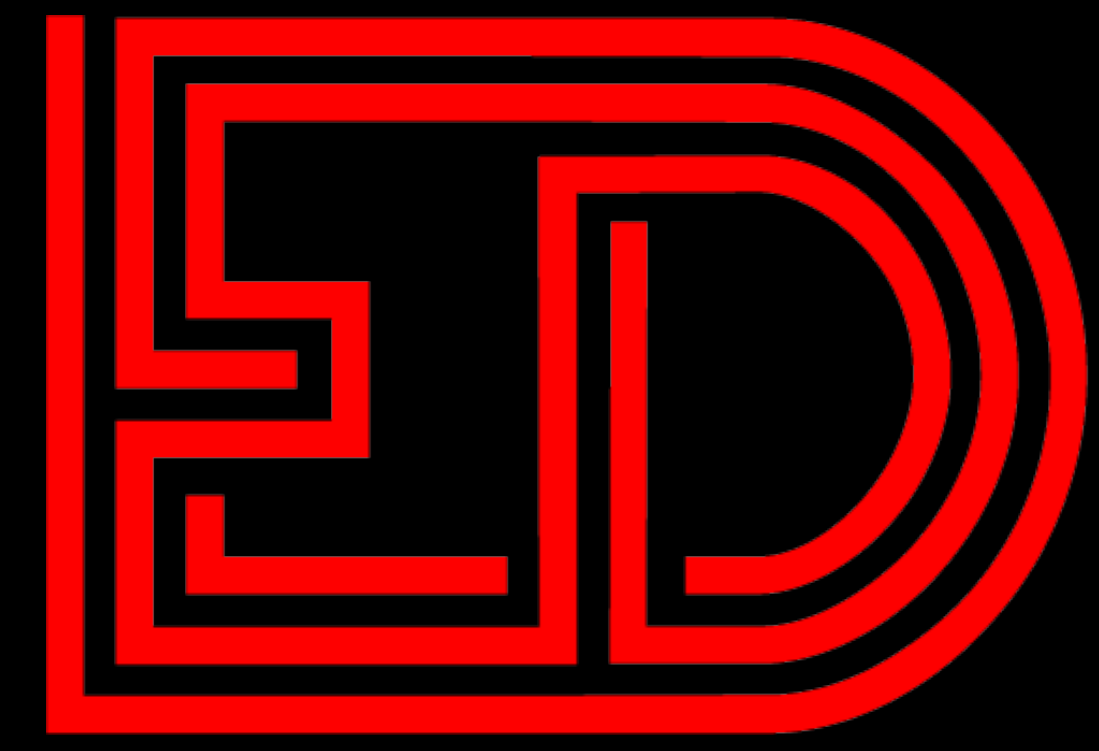


**The  
Emotions  
Doctor**



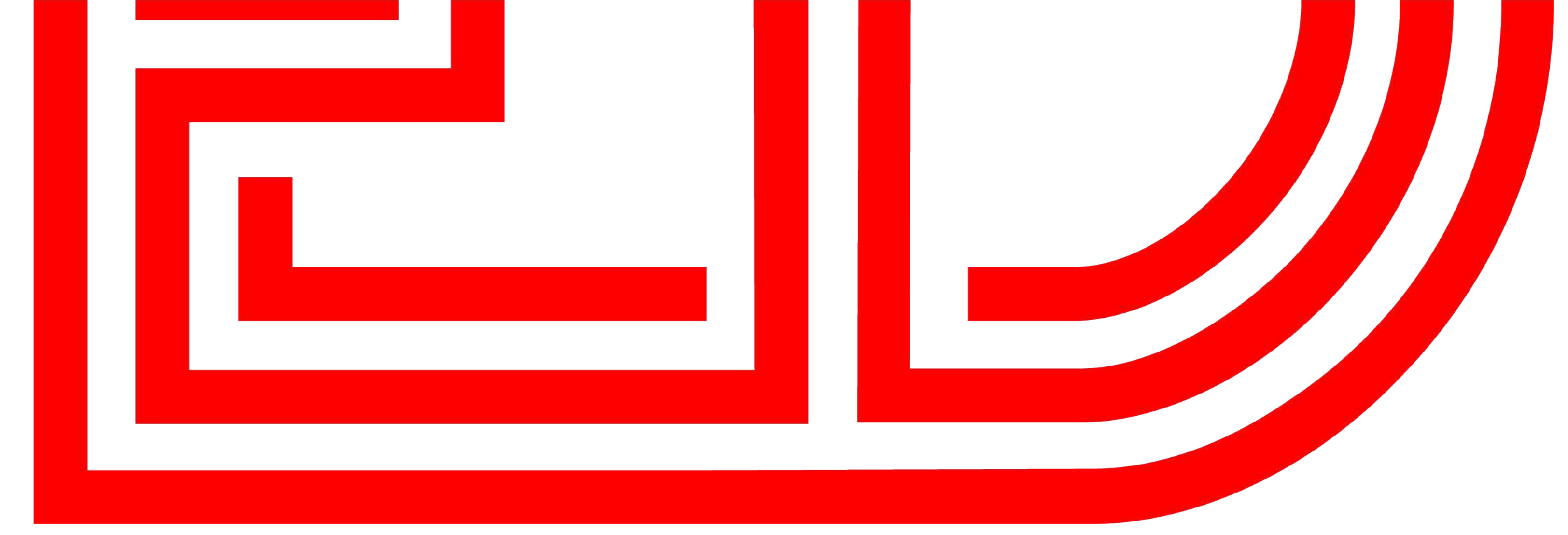
**The  
Emotions  
Doctor**

**Welcome to our Coaching Engagement.**

**This document helps you  
understand my approach and get  
the most of our work together.**



# Key Elements of Coaching



Coaching isn't mentoring, therapy or consulting although it's related to all those disciplines.

While my solutions include those disciplines, the difference is that in those relationships you are typically seeking answers from an expert.

In Coaching relationship, while I am an expert, I am not an expert on YOU or your goals and I don't have answers for you. I have questions and you will ultimately have to provide answers which are right for you.

I will provide feedback and advice at times but I would be careful to note when I do so that you can decide for yourself what to do with that information.

# You set the Agenda

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You will decide what issues we address, both during the course of our work together and in each individual coaching session. I will help you track issues over time and prioritize issues in a given conversation. I will raise certain issues at times, drawing upon my experience with other clients, but the agenda is ultimately your responsibility.



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I am not an authority figure, nor a subordinate.

We will work together as equal partners in this process and share responsibility for it's success. If we ever feel that we're not acting as partners, we will say so.

# My Responsibility

**Professionalism**

**Confidentiality**

**Respect**

**Candor**

# Getting Started

Attached to this document is a form for our first coaching session. I will require answers to the questions in the form, you can bring it physically to the session or send it back as a mail. Signing the form means you have agreed to established terms and conditions.

My first session is more of an assessment and or discovery session to help us clarify the goals on which our coaching relationship will be based. For some clients, coaching proper begins during the first session. Experience has shown that the assessment usually reveals a deeper goal.

# What to expect from our Session

Coaching sessions shouldn't feel like other conversations, in which both parties feel an obligation to "keep up." At times I may pause to allow you reflect or choose where to go next, and at times you may pause to take some notes or gather your thoughts. I might also suggest that you write out certain discussions. I'll take occasional notes to avoid being distracted by points I'm trying to remember or questions I'd like to raise later.

I may interrupt you, and I may ask direct, pointed questions. It is important that we find the communication style that's most effective for us as a team, and it's essential that you feel heard in our discussion, and yet excessive politeness should not get in the way of real communication.

# Meet the Emotions Doctor

Oyinkansola Alabi, popularly referred to as the Emotions Doctor, is the lead researcher and facilitator at Emotions City, Africa's leading emotional intelligence centre.

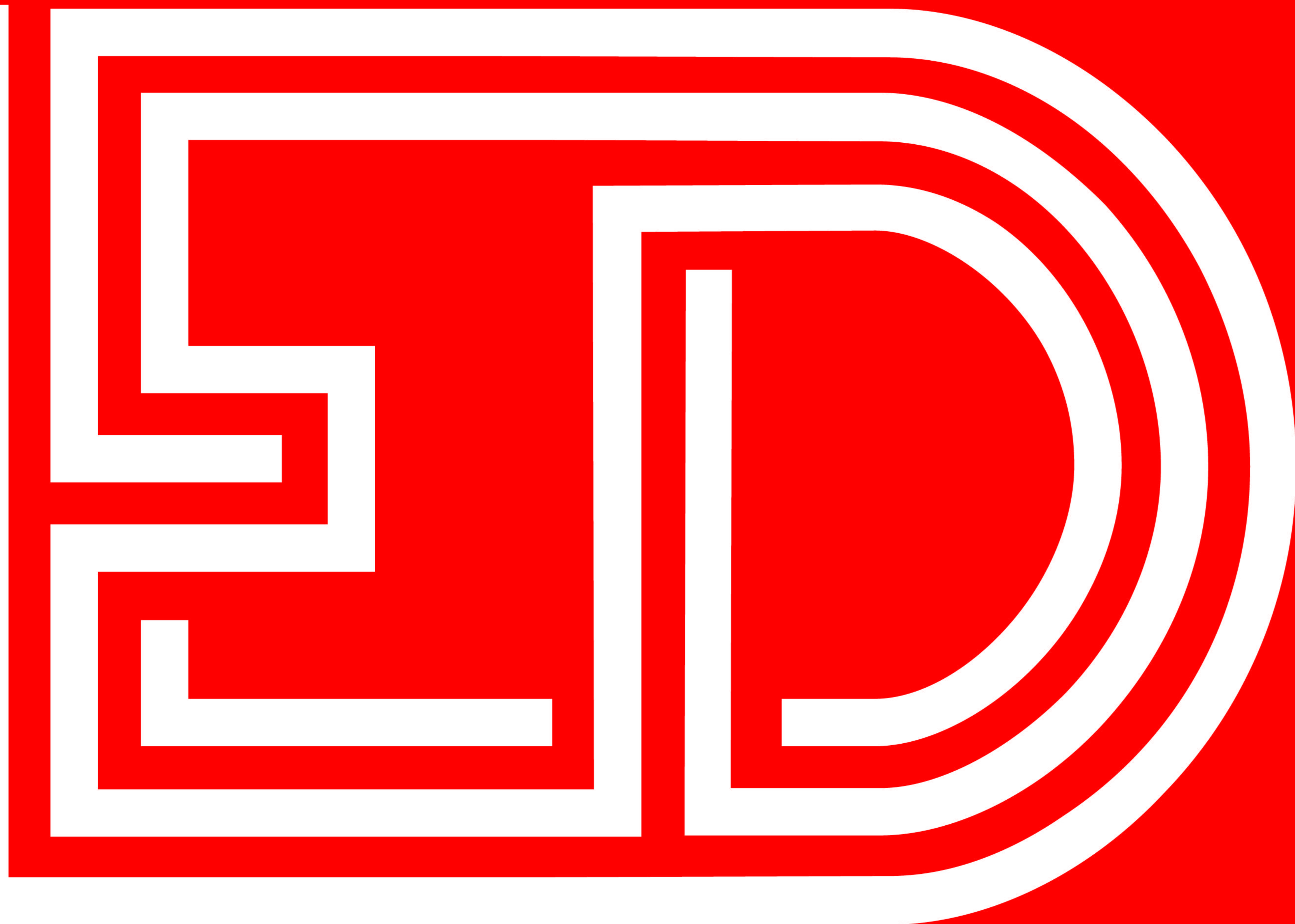
She is the only female founder of an Emotional Intelligence Academy in Africa and is the convener of Africa's first Emotional Intelligence Week. Oyinkansola is a high impact trainer who has taught tens of thousands of executives in organisations such as KPMG, Guinness, Multichoice, Interswitch, First Bank, Stanbic IBTC and the Federal Ministry of Agriculture among others.

Her work has taken her to 30 States in Nigeria, Ghana, Egypt, Kenya, South Africa, Rwanda, UAE, United Kingdom and the United States. Oyinkansola is the first African to attend the Yale Centre for Emotional Intelligence. A Cornell University-trained Human Resource Executive, a Rational Emotive Behavioural Therapist, a Cognitive Behavioural Therapist, a Six Seconds Network Licensed Emotional Intelligence Practitioner, A Goldman Sachs Scholar, Mentor at Tony Elumelu Foundation, and a Pastor at the Fountain of Life Church.

She is a member of the International Coaching Federation (ICF), & the British Psychological Society.







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Thank You