

Information for Practice Clients

What is coaching?

Coaching provides a non-judgmental, open, collaborative and confidential space between coach and client – focusing on the client's own thoughts, challenges, outcomes and goals.

Transformative coaching – as taught at Animas – is a powerful way of exploring our personal beliefs and values and how these are shaping our experience of life, and our behaviours.

Coaching enables a journey of self-exploration which can give us greater self-awareness, and examine and reshape many areas of life.

What is a practice client?

In order for students to pass their Diploma in Transformative Coaching, we require them to gain some coaching experience: putting into practice what they're learning. And that's where practice clients come in.

To find out more about your coach's training, head to animascoaching.com/dptc.

We hope you enjoy your coaching experience.