

Struggling to meet your goals?

Coaching for Success with SOAR

What is Coaching?

A coach collaborates with you to help you craft goals, reframe your challenges, and leverage your strengths to move towards holistic wellbeing and success.



Our Coaching Model: The GROW Model

Your coach will work with you to develop **Goals**, evaluate your current **Reality** and context, determine **Options** for achieving your goals, and help you determine What you **Will do** to make your goals happen.

Who Benefits from Coaching?

Students with any goals they are struggling to achieve, or struggling to get started on. Goals can be academic, social, personal, professional, and more. Coaching is best when proactive - before things get tough!



How does it work?

If you are interested in coaching, schedule an appointment for a first coaching session to discuss your situation and goals and learn more about the coaching process. After that, we will schedule three coaching sessions and reassess after those are completed!

To schedule an initial coaching session:

1. Login to the SOAR Dashboard
2. Select "My Appointments"
3. Select "Request an Appointment"
4. Schedule an appointment with Andy Lecture*
5. Check the "Initial Coaching Session" box
6. Select the day and time that works best for you!

***Limited space is available - email SOAR if there are no times available to be put on a waitlist.**

**If you have questions about coaching or other SOAR resources:
email us at SOAR@furman.edu**