

Nurse Client Readiness and Coaching Focus Scale

On a scale of 1 to 5, with 1 = Disagree (nope not at all) to 5 = Strongly Agree (yes, that's me, mastered). Provide your rating on how true is the statement is for you right now.

PARTNERING WITH COACH SHAROL, YOU WILL:

1. FIND YOUR VOICE

- a. _____ I have fun delivering a clear, memorable professional presentation.
- b. _____ I consistently share my authentic voice and compelling messages, stories, and visions.
- c. _____ I trust my nursing staff and/or interdisciplinary audience want me to succeed and I place my *attention on them.*

2. ACHIEVE YOUR VISIONS

... by closing the gap between where you are and where you want to be

- a. _____ I believe I am capable of co-creating the nursing leadership and the personal life that I truly desire.
- b. _____ I am open to fresh perspectives and different ways of doing things to be more successful.
- c. _____ I am an optimistic person.
- d. _____ I consistently live life according to my values, wants, principles, and preferences.
- e. _____ I'll do the work to eliminate self-sabotaging behaviors or blind spots which limit my success.
- f. _____ I see coaching as an investment in myself, my career, and my relationships.
- g. _____ I want to realize my optimal potential and live a higher quality of work-life integration.
- h. _____ I am willing to set down struggling and reach for ease.
- i. _____ I am able to be resilient after setbacks and re-commit to my intentions.

3. EXPERIENCE A FULLER, RICH LIFE

... by understanding what is vital in each moment

- a. _____ I tell the absolute Truth, especially to myself.
- b. _____ I know what charges me up. I creatively generate energy to be more _____ (e.g. passionate, daring, impeccable with language, successful in reaching my optimal potential, wealthy, visionary ...).
- c. _____ I consistently stay away from activities, conditions and people that drain my energy.
- d. _____ I have at least 10 simple strategies to stay present in the moment, when I feel confused, overwhelmed, isolated, or frustrated in the midst of chaos.

*Sharol's passion is helping Nurse Executives Succeed with Ease and Expand their Horizons
by successfully keeping them on track with their nursing priorities and anchoring their increased level of confidence.*



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Nurse Executive Coaching

Coaching encompasses a new way of approaching your life, taking charge, and moving toward a fulfilling and compelling future. Certified Coach Sharol creatively uses proven techniques and tools to help you achieve your visions and imagine more than you've ever dreamed. Partner with Coach Sharol for Significant Sustained Change- which allows you to stay on track with nursing goals, speak your Truth, and increase confidence.

Coach Sharol's nurse clients are high achievers who come to coaching for several purposes including to:

- ★ become more aware and confident.
- ★ leverage their unique talents, strengths and skills.
- ★ develop their authentic leadership at the next level.
- ★ transform their fears, doubts and beliefs that do not serve.
- ★ break through complexity which results in increased productivity, purpose, and happiness.
- ★ expand horizons and better serve their staff & patients.
- ★ integrate or balance their work and their home life.

Connect with Sharol at 763.477.9186. Her support, challenge, and innovative tools are invaluable resources to achieve fulfillment in leadership, and life. Try a *Complimentary* coaching consultation by telephone.

"I have found that my coaching helps me reflect on my life as it is. It calls me to be a more balanced and engaged person in the world around me. ..."

L., Oct 24, 2008

"Inner Circle Coaching has led me to lots of self realizations and heightened awareness in my Director of Nursing position as well as my personal life. Thank you Sharol."

A.Z., Jul 15, 2009

"... Your encouragement and support, and gentle prodding to keep me on task, have moved me along the path to be the person I want to be. Many thanks for your help in clarifying my values."

Pat E., Mar 22, 2006

"In 2½ years with Coach Sharol, I have noticeably more clarity about my relationships and my choices! ... I set intentions often which guide me in living a more authentic and emotion-filled life. ..."

M.J., Rhode Island, Dec 17, 2008

"Sharol working with you has given new direction and strength to me. Your coaching has enabled me to look into my heart, words and actions."

Ron B., Jun 2, 2008

Presentations

Generate the energy and enthusiasm that makes your event memorable and effective.

Secrets of Coaching Yourself & Your Staff NEW

Awaken to What's Possible NEW

See the Vision & Succeed

"Instructor Tyra enlightened the class on behavior change, coaching, values, compassion, wellness and more! We received many tools to help ourselves and our clients uncover their own creativity and resourcefulness. I applied course learning's to my personal goals, family life, and work!"

Debra L. Johnson, Student, Anoka Ramsey Community College

"Sharol geared her presentation to our specific focus and needs. Very energizing, engaging and a great start to our company meeting for her to tell stories."

Craig Abbott, CEO, Health Dimensions Group

Only a nurse leader appreciates the scope and complexity of what nurse leaders do."

About the Coach & Company



Illuminates your potential

Ignites work-life integration

Gets to the Heart of Matters

Sharol Tyra

- ★ Registered Nurse
- ★ Professional Certified Coach, PCC
- ★ National Speaker
- ★ College Faculty - former
- ★ Author
- ★ Entrepreneur

Life Illumination- is a way of being present in the moment. By contacting me and implementing this simple change, you can transform your life by defining and moving towards the success you've always desired.

My passion for helping nurse executives expand their horizons has led me from my career as a principal aide to the county commissioner, and nursing supervisor to becoming a certified coach, where I tap into my experience as a compassionate mom, wife, volunteer, speaker and author, able to understand the ebb and flow of life's rolling tides. I know what nurses want... and what High Achievers need to know! Life Illumination was founded and created by Sharol Tyra in April 2000.

Live your Essence in every moment, in every act and word. - Sharol Tyra