

# Coach as Companion

## How does my client begin?

After being encouraged to watch *Cast Away*, your client will set parameters for their *Returning Well* journey, such as the following:

- How they will engage—by journaling, in conversation, etc.
- Which season they will debrief (if uncertain, choose most recent)
- Length of *Returning Well* journey—6 weeks, 3 months or 6 months
- Approach they will use—Highlight, Scenic, or Blended

## What are the first steps?

- Prepare your heart
- Client decides to use *Returning Well* (usually 2-6 months after re-entry) and obtains a copy of the book
- Client completes coaching agreement
- Both of you individually watch *Cast Away*
- Obtain and read the “Serving as a *Returning Well* Companion” article located at the back of *Returning Well* or at [www.ReturningWell.com](http://www.ReturningWell.com) under [Resources](#) using the password from Chapter One of your client’s book
- Get started with your first meeting



## What is the focus of each meeting?

**Meeting 1:** building rapport, designing the alliance, and beginning the initial debriefing process.

**Meetings 2, 3, and 4:** intentionally looking back and processing experiences in order to glean treasures for moving forward. *(Celebrate and align to their pace in taking action. Ensure they move through Part II.)*

**Meeting 5:** intentionally looking forward by synthesizing insights and making application.

*(Consider reviewing all of their overall goals for the coaching partnership—celebrate progress and consider next steps for reaching these overall goals.)*

**Meeting 6:** preparing to communicate and share insights with others to make a difference and enhance renewal. *(Client may benefit from engaging Chapter 22 early in re-entry if presenting their work, and then again at the end of the *Returning Well* process).*

Use the questions provided in the “Serving as a *Returning Well* Companion” article for all of your meetings with your client.



## How long does the *Returning Well* process last?

*Returning Well* lays out six meetings, each with a specific purpose. Clients choose one of the following paces that influence the meeting schedule:

- 6 weeks: 1 meeting each week
- 3 months: 2 meetings each month
- 6 months: 1 meeting each month

Each meeting lasts 1 to 2 hours, depending on the energy and desires of your client. Material for meetings 2, 3, 4, and 5 are most easily split into two if more meetings are desired by your client.

And remember, “A forest or two...”