

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 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...”