

Gail Gaspar Coaching

Your Checklist for Getting Started – iDecide Coaching with Gail Gaspar

Here are the ways to get set up for your 1:1 Leading True Coaching Package.

1. ____ Schedule your first coaching session [here](#). You can also find links on my website for scheduling sessions. Sessions are either in-person, on the phone or zoom video conference and available in 50 or 90-minute increments.
2. ____ Put the dates on your scheduler. Use the calendar link to reschedule or cancel a session.
3. ____ If we will be doing Zoom calls, do a test run to see if your connection works and to familiarize yourself with the platform. I will send an invitation to join me just before your scheduled time. You can get the Zoom application [here](#) and will need to launch it for each call.
4. ____ When payment is processed, you will receive your Welcome Packet within 48 hours. Review, complete and return the documents in your packet prior to first session.
5. ____ Join the [Leading True newsletter](#) community to receive monthly inspiration and resources that complement our work together and inform you about special events and opportunities.
6. ____ Connect with me on social media. I'm on [Twitter](#), [Facebook](#) and [LinkedIn](#).
7. ____ Put on your adventurer's cap. Glad to be guiding you on your journey.

If you have any questions or comments, please let me know and I or my assistant, Susan, will get back to you as soon as possible.

I look forward to working with you!

Gail