

Application for Pro bono Coaching Support

Date of application:

The mission of APAC (Asia Pacific Alliance of Coaches www.apacoaches.org) is “To bring the power and value of coaching to every workplace and home”. As part of this vision, we have initiated pro bono coaching to support leaders in small-to-medium sized NGOs and non-profit organisations to increase effectiveness of their organisations, thereby broadening the impact of coaching on the community at large.

Your application for pro bono coaching will go through a review process. Once the application is approved, you will be matched with a professional coach, taking into consideration your preferences. A coaching agreement will be signed between you and your coach, which the coach will explain in more detail during the first coaching session.

Please complete the form if you wish to apply for pro bono coaching support.

[Part A] About You (Coachee) (to be completed by coachee)

Name of coachee: Gender:

Position: Reporting manager:

Phone number: Email: Skype id:

Address:

I have worked years in my current position and my total working experience is years.

Introduce yourself:- What are 3 things about you that you would like to share with your coach?

1.

2.

3.

Have you been coached before? **Yes / No (delete the inapplicable answer)**

What has your sponsor/manager communicated to you regarding the reasons and objectives for this coaching?

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Do you agree with your sponsor's/manager's expectations? **Yes / No / Partially (delete inapplicable answers)**

Comment: (comment here if 'No' or 'Partly' is selected)

.....

What would you like to get out of the pro bono coaching sessions? *Possible areas of coaching may include leadership effectiveness, work life balance, communication, interpersonal relationship, people management, etc. Be as specific as you can and focus on not more than 1 or 2 (max) coaching objectives.*

One of the key factors contributing to the effectiveness of coaching is your full presence and commitment in all the coaching sessions. Will you commit to all coaching sessions based on prior agreement with your coach? **Yes / No (delete inapplicable answer)**

[Part B] Your Preference for a Coach

We will assign a coach with appropriate coaching experience (usually with at least 1 year and 60 coaching hours of experience) who abides by professional coaching ethics. Depending on the availability of coaches, the following information will be used to select a suitable coach as close to your preference as possible:

Gender: Female / Male / No preference **(delete the inapplicable answers)**

Language to be coached: English / Chinese / No preference **(delete inapplicable answers)**

Coaching media: Face to face / Phone / Skype / Zoom / Combination / No preference **(delete inapplicable answers)**

Other preferences:

Please send your CV with the application. CV attached? **Yes / No (delete the inapplicable answer)**

Annexure 2 (cont.)

PLEASE NOTE: Probono coaching is provided free to you by volunteer APAC coaches, at your own risk. It is very important that you fully understand and agree that neither APAC, nor your coach, bear any legal or other liability to you, or your organization, in relation to the provision of this service.

By signing below, you acknowledge that you wish to apply for pro bono coaching support and accept the terms and conditions set out above.

Signed by Coachee (or Parent/Guardian/Responsible Adult, if Coachee is a Minor)

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Name of signatory (Block capitals):

Date:

Thank you for your interest in coaching. Please email the completed form to:

Jyoti Sapra, Deputy Chair, APAC Community Relations Committee, Jyoti.Sapra@risan.biz
who will be happy to answer further questions or receive feedback.