

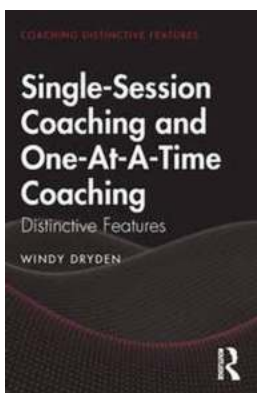
Single Session Coaching vs. One At A Time Coaching: Which One Is Right For You?

Coaching has become increasingly popular in personal and professional development. As individuals strive to achieve their goals and improve their lives, they often seek guidance and support from coaches. Two popular coaching methods that have gained significant attention are single session coaching and one at a time coaching. In this article, we will explore the differences between these two approaches and help you determine which one might be right for you.

What is Single Session Coaching?

Single session coaching, also known as on-demand coaching, involves a one-time coaching session that focuses on a specific issue or challenge. This approach suits individuals who need immediate support and quick solutions. The coaching session is usually shorter in duration, typically ranging from 30 minutes to an hour.

During a single session coaching, the coach helps the client gain clarity, sets achievable goals, and provides actionable steps to overcome the problem at hand. This method is beneficial for individuals seeking a quick boost of motivation, guidance, or advice on a specific issue.



Single-Session Coaching and One-At-A-Time Coaching: Distinctive Features (Coaching Distinctive Features)

by Windy Dryden (1st Edition, Kindle Edition)

★★★★☆ 4.2 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 164 pages



What is One At A Time Coaching?

One at a time coaching, also known as traditional coaching or long-term coaching, involves an extended coaching engagement where the client and the coach work together over multiple sessions. This approach is suitable for individuals who want to delve deeper into personal or professional growth and make lasting changes.

In one at a time coaching, the coach and client establish a relationship based on trust and collaboration. The coach provides ongoing support, guidance, and feedback as the client progresses towards their goals. This method allows for more in-depth exploration, self-discovery, and development.

Key Differences between Single Session Coaching and One At A Time Coaching

While both coaching methods aim to assist individuals in achieving their goals, there are some key differences between single session coaching and one at a time coaching:

- **Duration:** Single session coaching is usually a one-time engagement, whereas one at a time coaching occurs over an extended period.
- **Focus:** Single session coaching addresses a specific issue, whereas one at a time coaching covers broader personal or professional growth.

- **Goals:** Single session coaching aims to provide immediate solutions and guidance, whereas one at a time coaching emphasizes long-term transformation and sustainable change.
- **Depth of Exploration:** Single session coaching is relatively brief, while one at a time coaching allows for more extensive exploration and self-reflection.
- **Commitment:** Single session coaching requires less commitment, whereas one at a time coaching involves a greater investment of time and resources.

Which Coaching Method Is Right For You?

Choosing between single session coaching and one at a time coaching ultimately depends on your specific needs and goals. Here are some factors to consider:

- **Urgency:** If you require immediate support and quick solutions for a specific issue, single session coaching might be more suitable.
- **Long-Term Growth:** If you aim to make lasting changes and delve deeper into personal or professional growth, one at a time coaching could be a better fit.
- **Time Availability:** Consider the time you can dedicate to coaching. Single session coaching requires less time commitment, while one at a time coaching demands regular sessions over an extended period.
- **Financial Resources:** Evaluate your budget and the financial investment you are willing to make. Single session coaching is generally more affordable, whereas one at a time coaching might have a higher cost due to the extended engagement.

In the realm of coaching, both single session coaching and one at a time coaching offer unique benefits and serve different purposes. Whether you opt for

a single session coaching or a longer engagement, the most important aspect is finding a coach who understands your needs, supports your goals, and provides the guidance necessary for your personal or professional development journey.

It's important to remember that coaching is a valuable investment in yourself, allowing you to gain new perspectives, overcome challenging obstacles, and unlock your full potential. So, take the leap and embark on a coaching journey that suits you best!



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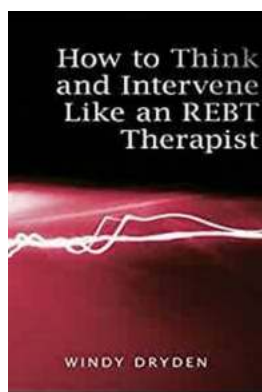
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In *Single-Session Coaching and One-At-A-Time Coaching: Distinctive Features*, Windy Dryden presents a clear and accessible overview of the theory and practice of Single-Session Coaching and One-At-A-Time Coaching (SSC/OAATC). Presented in the highly accessible Distinctive Features format, Dryden explores how these approaches allow coaches and clients to tackle problems and find solutions quickly and flexibly.

Single-Session Coaching and One-At-A-Time Coaching is split in two parts, providing a complete understanding of both the theory and practice of SSC/OAATC, as well as clearly examining key topics, including the foundations of SSC/OAATC, what makes a good SSC/OAATC coach and coachee, common misconceptions, preparing for and structuring a session, and considering significant coachee variables. It explains key terminology, such as the difference between Problem-Focused and Development-Focused SSC/OAATC, and portrays these differences in useful case studies to show the benefits of each for individual clients. Finally, it concludes with details on following up with the coachee, including key questions to ask.

With case studies throughout, this approach can be applied in various clinical settings, such as primary care, and non-clinical settings, such as voluntary sectors, and is ideal for time-limited scenarios in comparison to other, more time-consuming, coaching methods. This will be an invaluable tool for coaches in practice and in training, as well as for academics and students of coaching.



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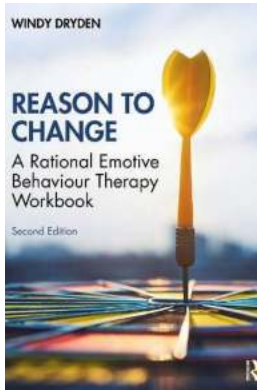
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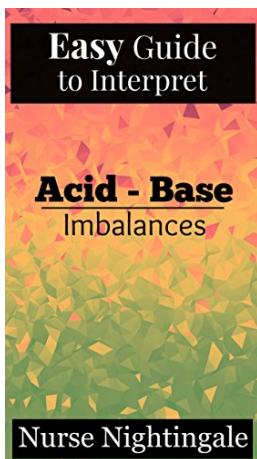
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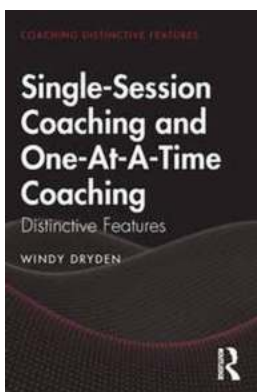
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