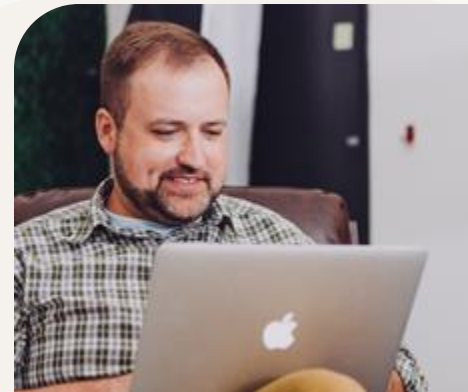




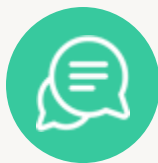
THE UNIVERSITY  
of EDINBURGH

# Your coaching with Know You More



## How can coaching support your development?

Coaching is a thought-provoking and creative process that allows for dedicated time to focus on you and your development. It's a conversation where your coach holds a space to allow you to do your best thinking.



Better understand your goals and transition



Achieve a greater sense of clarity and direction



Improve personal performance and experience a greater sense of wellbeing

We're here to help at [team@knowyoumore.com](mailto:team@knowyoumore.com)

# Getting started with your coaching

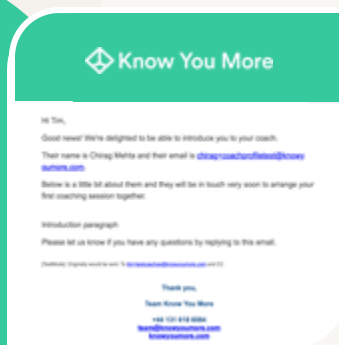
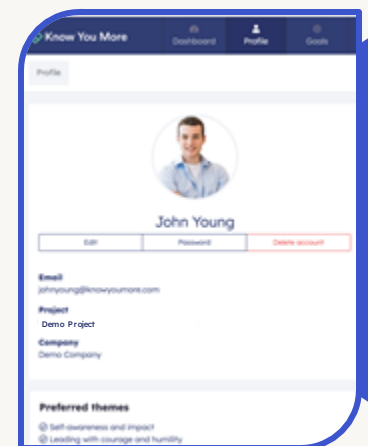


## Register on the KYM Platform

1. Click [here](#)
2. Enter your email and select a password
3. Click 'Sign Up'
4. Accept the 'Coaching Agreement'

## Complete your coaching profile

- Select 'Edit'
- Complete all the fields
- Spend some time on the 'About Me' section
- Select 'Submit' when your profile is complete



## Coach introduction

You will receive an email with information on your coach and they will contact you to schedule your session.

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# Getting the most from your coaching experience



Consider how coaching can support your transition



Where and when - consider what suits your needs best



Schedule sessions in advance and protect the space in your diary



[Learn more about coaching here.](#)

Contact us at:

[team@knowyoumore.com](mailto:team@knowyoumore.com)