

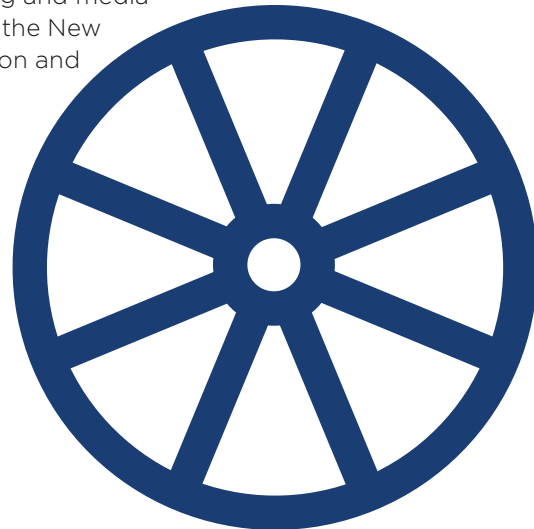
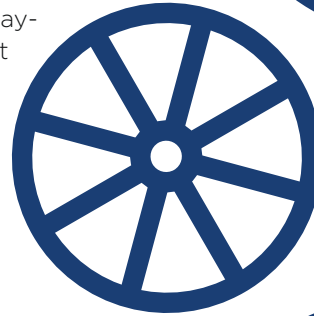
ABOUT ANDREW D. LEWIS

I was born and raised in northern Westchester County. In 1989, I graduated magna cum laude from Colorado College, where I majored in cultural anthropology and minored in urban studies. I earned a master's degree in public policy and administration, with a concentration in education and social work, from Columbia University in 1995.

For seventeen years I held a number of progressively responsible direct service, supervisory and management positions with New York City agencies including the Departments of Probation and Correction, the Mayor's Office of the Criminal Justice Coordinator, the Department of Health and Mental Hygiene, and the Police Department. These positions afforded me ample opportunity to practice behavioral modification counseling, including intake assessments, individual and group work, and discharge planning; conduct strategic planning and program needs assessments; and design, implement and manage a broad range of social service programs.

I am a certified professional coach with the Coaches Training Institute. I am also pre-certified in organization and relationship coaching with the Center for Right Relationship. Furthermore, I am a certified community mediator, having trained and apprenticed with the Columbia University School of Law and the Safe Horizon Center for Mediation. I have significant coaching and mediation experience with individuals in employment transition and personal crisis, aspiring and established entrepreneurs, and couples, families, business partners and corporate and non-profit teams in conflict.

Currently, I serve as Director of Mediation Services for New York City Civil Court, in addition to my private coaching and mediation practice. I am an active member of the New York State Dispute Resolution Association and the New York City Chapter of the International Coach Federation. When I am not coaching and mediating, I am busy managing my own small business incubator, called Hatch Business Ventures LLC. I also enjoy motorcycling, jewelry design, silversmithing and cooking.



TRANSITIONAL COACHING SERVICES

ANDREW D. LEWIS
COACHING AND MEDIATION LLC

PRACTICAL SUPPORT
FOR YOUR ASPIRATIONS & CHALLENGES

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Do you feel trapped in your job or career and want to make a change? Are you unemployed, underemployed or underperforming your sales goals, and want to increase your income? Are you unhappy in your relationship or marriage, and feel stuck? Are you in treatment for depression, anxiety or recovery from chemical dependence, and need more practical support? Are you recently divorced or widowed and struggling to put your life back together? Are you in severe personal, financial, medical or professional crisis, and don't know where to turn? If your answer to any of these or similar questions is yes, then transitional coaching may be right for you.

WHAT IS TRANSITIONAL COACHING?

Transitional coaching is a short-term intervention designed to help individuals who are stuck, unfulfilled, underperforming or in crisis in their personal and/or professional life. This is accomplished through a collaborative process of self assessment and discovery, goal setting and attainment, and, ultimately, conscious, deliberate movement toward greater overall fulfillment. In each session, the client chooses the focus of conversation, while the coach listens and contributes observations and questions. This interaction creates clarity and moves the client toward action. Coaching accelerates the client's progress by providing greater focus and awareness of choice. Coaching concentrates on where the client is now and what s/he will need to do to get where s/he wants to be in the future.

WHAT IS MY APPROACH TO TRANSITIONAL COACHING?

Stage 1 I establish expectations, roles, and commitments with my clients.

Stage 2 I gather information on my clients' personal and professional history, assessment of their own level of satisfaction in various areas of their lives, short and long-term goals, and their vision of their "ideal" life. This data-gathering helps me begin to discover, clarify, and align myself with what my clients want to achieve.

Stage 3 I implement weekly telephone or in-person coaching sessions with my clients, approximately one hour in length. Cumulatively, my coaching sessions are designed to help clients

refine their vision of the "ideal" life, motivate them to believe that it is attainable, set very specific goals to actualize that vision, and hold them accountable for achieving each goal. My individual sessions are designed for clients to report on their progress from the previous session. My clients then set the agenda for the remainder of the session. The session concludes with an agreement on specific assignments for the next session. My clients are free to contact me by telephone or e-mail between sessions.

Stage 4 I assist my clients to transition into a long-term action plan that they will self-manage.

Based on both my personal and professional experience with coaching, although it is true that most of us have a sense of what would be necessary to achieve greater fulfillment in life, this is absolutely no substitute for the benefits derived from working with a well trained and experienced professional when it comes time to formulate and actualize a specific plan.

WHAT ARE COMMON OUTCOMES OF TRANSITIONAL COACHING?

Although outcomes vary depending on the agenda of individual clients, some common outcomes include:

- Reduction in emotional blocks and self-sabotaging behavior
- Greater self-awareness and clarity of purpose
- Better time and task management, and organizational skills
- More results-oriented planning and decision making
- Enhanced motivation and productivity, and
- Increased income
- More balance between personal and professional endeavors
- Improved inter-personal communication skills
- Greater overall fulfillment

TESTIMONIALS

Andrew's guidance renders peripheral years of unproductive thinking. His coaching makes space for a practical plan that focuses on your potential and your passions. And he manages to remain non-judgmental while helping you decide what the future will hold. A totally positive experience.

- Client transitioning from academia to small business ownership

When I met Andrew I was full of desire and motivation to get back into the work place after 9 years of raising children. But desire and motivation were not enough. I needed a plan to help market myself and a good shot in the arm to help me see my years of mothering and volunteering as productive and marketable. Andrew pushed me to follow through with a sensible plan. Andrew quickly helped me cut through my insecurities and market myself. As a result, I began to see myself as an asset to anyone who would hire me AND I found a job that I love!

- Mother of two re-entering the workforce

I've done a lot of self improvement work in my life, and found my sessions with Andrew Lewis, to be some of the most powerful and useful work I have ever done. Andrew is insightful, intelligent, well trained and one of the best in his field. I highly recommend him.

- Broadway actor and producer

FEE STRUCTURE

\$100 per one hour session; regular calls and e-mails between sessions
Debit and credit cards accepted

WHAT NEXT?

For more information on transitional coaching, including in-depth answers to frequently asked questions, please feel free to explore my website:

www.coachingandmediation.com or call me at 212 281 6144 to schedule a complimentary consultation.