

FAQ

LIFE COACHING

HOW DOES LIFE COACHING WORK?

LIFE COACHING FOCUSES ON EXACTLY WHAT YOU WANT TO ACHIEVE. WITH THE AID OF A COACH WHO IS 100% COMMITTED TO YOU AND YOUR GOALS, YOU'LL BE ABLE TO ENJOY A MUCH HAPPIER LIFE. THE LIFE COACH WILL KEEP YOU FOCUSED AND SHARE THEIR EXPERIENCE AND EXPERTISE.

WHAT HAPPENS DURING A COACHING SESSION?

EACH SESSION WILL START WITH A REVIEW OF THE ACTIONS SET IN THE LAST SESSION AND LOOK AT PROGRESS AND SUCCESS. WE WILL THEN SET A SESSION GOAL TO CLEARLY SET OUT WHAT YOU WANT TO ACHIEVE BY THE END OF THE DAY'S SESSION. WE WILL EXPLORE WHAT HAS WORKED AND ANY OBSTACLES YOU HAVE COME ACROSS ALONG THE WAY IN ACHIEVING THIS GOAL, USING LOTS OF TECHNIQUES AND CREATING OPTIONS THAT YOU MIGHT NOT HAVE THOUGHT OF BEFORE.

HOW LONG ARE THE COACHING SESSIONS?

LIFE COACHING SESSIONS LAST 50 MINUTES WITH AN ADDITIONAL WEEKLY ACCOUNTABILITY CHECK-IN. THESE SESSIONS CAN BE ARRANGED WEEKLY OR MONTHLY; WHATEVER SUITS YOU.

WHAT'S THE RATE OF THE SESSIONS?

THE STANDARD 60-MINUTE RATE IS \$120

HOW MANY LIFE COACHING SESSIONS WILL I NEED?

THIS DEPENDS ON WHAT YOU WANT TO ACHIEVE WITH YOUR COACHING AND HOW QUICKLY YOU WANT TO GET THERE. MOST PEOPLE COME TO A LIFE COACH WITH A LIFE-CHANGING GOAL IN MIND. IN ORDER TO ACHIEVE THIS WE BREAK IT DOWN INTO SMALLER GOALS TO BE ACHIEVED AT EACH SESSION. FOR SOME PEOPLE THIS MAY TAKE AS FEW AS 6 SESSIONS AND FOR OTHERS IT WILL BE MORE. IT IS A PERSONAL DECISION BASED ON INDIVIDUAL GOALS.