

# Life Coaching FAQs

- ***I'm considering hiring a coach. But not sure where to start or what I am specifically looking for or how to start?***

The process will begin with submitting an email or making a call for a free telephone or video conference consult. This will provide an opportunity to ask questions and begin to see if you and your coach are a good fit.

- ***How does coaching work?***

Coaching is a collaborative effort and partnership between the client and the coach. Ultimately the persons success relies on them, the coach is a guide and support to help the individual stay on track with individualized goals.



Coaching practices vary and can include some or all of the following:

- Individual Sessions: 30-45 mins, 2-3x a month
- Group Sessions: 60 mins, no more than 5 participants with common goals in each group session, 2-3x a month
- Telephone sessions: 3-4x a month for 5-10 mins to address specific and immediate challenge on barrier to weekly goals
- Monthly Presentations: open to all clients on various topics
- Typical length of service is between 3-6 months

- ***How much does this service cost?***

- This varies on the amount of services the person is looking to have as part of their individualized services plans. These service plans will range from \$155 to \$395 a month. Payment plans throughout month are available but must be set up to bill credit/debit card on specified dates. We accept American Express, Visa, and MasterCard.

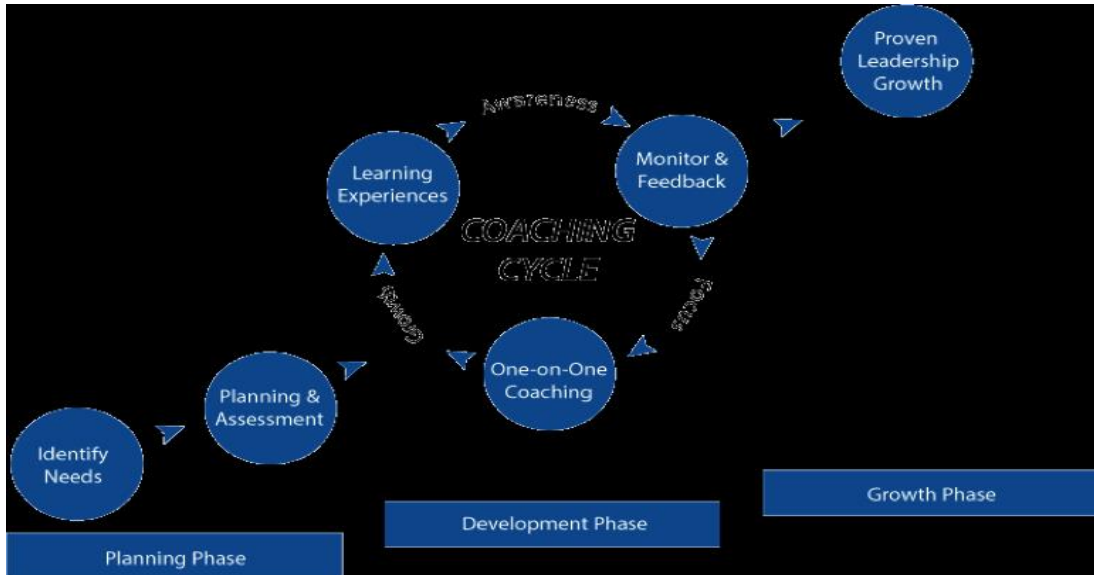
- ***What about confidentiality?***

- Part of the service agreement includes the protection of client information. All documentation is held in an electronic record which is PHI protected.



- **What's the difference between coaching and counseling?**

- Counseling focuses on a client's presenting symptoms that support a formal clinical diagnosis, such as depression or anxiety. These symptoms are present to a degree that they create an inability to manage certain parts of a person's life. The immediate goal is stabilization.
- A coach helps clients focus on the future and move beyond feeling "stuck." A coach is your accountability partner in success and can help you discover your passion, values, and strengths. The communication style is direct and the client is a willing and active participant in following service plane recommendations.



- **What are the benefits of coaching?**

- Positive behavior changes last longer and you will accomplish more than you would on your own.
- Increased creativity and flexibility.
- Improved performance and achieve goals quicker.
- Change can be difficult but having a coach can make changing more enjoyable.
- Health and personal relationships improve.

