



Coaching ~ FAQs

To begin there are three questions I am most interested in:

- What do **you** want to accomplish?
- What specifically have **you** done so far? What worked and what didn't?
- Are **you** willing to take action and be accountable?

You Matter!

My goal is for you to leave a coaching session feeling Confident!

What does a coach do? A coach sets clients up with a process that may be long or short-term, instead of regular sessions. In coaching, a client works with a coach, in order to clarify goals and identify obstacles and problematic behaviors in order to create action plans to achieve desired results. The process of coaching takes the client's current starting point as an acceptable neutral ground and is action-based from that point onward. A coach enables the client to take control of their life and take action to steer it toward their goals.

What are the Benefits of working with a Coach? Coaching benefits clients by *creating the space* for them to move forward in the area of their choice. Coaches co-create the pathways toward improved capacity for well-being, productivity, and goal attainment.

Clarity is a significant benefit found by most coaching clients. The coach walks with clients on a journey toward self-awareness and collaborate on concrete action plans that move them forward. The process helps to create a new way of being in the world that allows for clients to move over obstacles that, in the past, have stalled personal and professional progress.

Accountability is another benefit of coaching. This helps measure successful movement toward desired goals. Milestones set and reached invigorate clients on their path to successful goal attainment. The inclusion of accountability forces humans to take more multidimensional views in their cognitive processing

What Happens in Life Coaching? Before you can go anywhere, you have to know where you are starting. I will request that you provide some initial information to help you clarify and help me understand what you want and need out of coaching.

Following this, we will start our regular sessions (one to four sessions/month) where I will ask you questions and lead you through exercises related to your goals. By the end of each session, we will

develop a homework assignment to give you a clear sense of what to focus on in preparation for our next session. I'm also available for email check-ins in between sessions. If you truly commit to the process, you will find that the real benefits of coaching show up between the sessions.

What Can I Expect from Coaching? Although the coaching experience is different for everyone, my clients report common outcomes. As a result of coaching, my clients report that they are better able to effect change and accomplish goals. In addition, my clients enjoy increased self-esteem, improved communication skills, enhanced relationships, better work/life balance and less stress. They are better able to make decisions and navigate the daily demands of their jobs and home lives. They have a clearer sense of what is important to them and how they want to live their lives. They feel better physically and are finally moving forward towards definitive goals.

What About Confidentiality? Everything we talk about is 100% confidential and unless you tell someone that we are working together (or give me your express permission to do so) no one will know that we have spoken.

How long does coaching take? There are no long-term commitments. You can leave at any time if you feel you are not getting value out of every single session. However, if you're serious about achieving your specific goals, I suggest you make a mental commitment to *yourself* for at least three months of coaching.

I want to help you overcome obstacles to lead the healthier and happier life that you deserve.

Coaching is an Investment in your life, health, relationships, family and future.
YOU Matter!