

## **Frequently Asked Questions**

### **What is a coach?**

I am a sounding board, a mirror, a catalyst, a motivator, a guide, a facilitator, a partner, a clarifier, a co-creator, a questioner, a safety net, a truth-teller and a presence that supports you to manifest who you want to be.

### **What is Coaching?**

Coaching uses top concepts from business, sports, education, psychology, philosophy, and spirituality to help enhance your life and/or meet goals you set for yourself. It is the process of conception and creation of changes within yourself.

Coaching is one of the leading tools successful people use to live extraordinary lives. During weekly sessions, coaches facilitate exploration and alignment of motivations, desires, skills, needs, and thought processing to make genuine, lasting and empowering transformations. I will help you identify what you want in terms of personal and professional growth, and then guide you in meeting your objectives. Together, we'll also put into place techniques to assess your steps forward in creating the life you envision. Living an extraordinary life begins when you gain clarity on your values, which in turn enables you to make meaningful choices that lead to consistent forward motion. Coaching offers a means for more balance, joy, intimacy, energy, financial abundance, focus and action in every area of life.

### **A Coach:**

- Encourages you to set goals and then commit to an action plan
- Asks you to continually build on your competencies, which results in you doing more than you might have done on your own
- Helps you focus your efforts to produce quicker results
- Provides you with the tools, support, and structure to accomplish what you've set out to do

The presence offered by a skilled coach can be a powerful way to break through old patterns and limiting beliefs that hold you back from your dreams. I adhere to and embrace the Standards of Presence (see below).

### **Why does coaching work?**

Most people hire a coach because they want to take charge of their lives. They are looking for a partner who will hold them accountable as they take steps to achieve their goals. Coaching works because it allows you to create a safe, open space to consciously create the experiences you want for yourself. Coaching uses powerful questioning techniques and attentive listening to help you find solutions and resources you hold within. And finally, coaching uses the present to create your future.

### **How does coaching work?**

Coaching starts with you telling me what you want to create or change. We review your values and ideals and then craft an action plan that aligns with those values and ideals. Each time we connect, we review your progress, discuss the next steps, identify and work with obstacles, distractions or setbacks, and move on to the next phase of your plan until together, we accomplished what YOU set out to do. I am also available to you between sessions, via email or brief calls, to help you deal with any pressing need.

### **Who works with a coach?**

Entrepreneurs, business owners, professionals and people in transition are some of the people who typically work with a coach. Regardless of their professional endeavors or place in life, clients have one thing in common: they are all successful, resourceful, and intelligent individuals who seek to be spiritually aligned, open to self-awareness, motivated, and fabulous!

### **How is coaching different than counseling, consulting or therapy?**

Unlike therapy, a form of treatment that generally deals in depth with past issues; or consulting, which is informational and results in providing the client with answers; coaching is heavily inspirational, skill forming and focused on the present.

A consultant is an expert in a given field who can provide you with specific solutions to some well-defined problems. In contrast, a coach believes **you are the expert of your life**. Thus, the coach helps you use the resources within you to create the experiences you want for yourself.

A counselor or therapist can help you overcome a past hurt or problem that prevents you from functioning. On the other hand, a coach can help you tap into your personal power to break through your present limits and manifest your ideal future. Working with a coach can be an excellent way to move through a transition or transformation in your life.

### **What can I get from coaching that I cannot get with a friend or family member?**

You may have a friend or a family member who you trust to tell you the truth and support you. If this is the case, that's terrific. However, most friends and family members do not have the training to help move you to the fulfillment of your dreams. Also, because they are related to you or are invested in a friendship with you, it is difficult, if not impossible, for them to be impartial. I am impartial. I am being paid to be 100% supportive and non-judgmental while remaining focused on helping you discover your own authentic success.

### **How long do people need to work with a coach?**

**Coaching is not a quick fix.** It takes time to accomplish something worthwhile. Do not expect to fulfill a significant dream or life change in less than 3-4 months. Some people work with their coach for one year or more if they desire continuous support through a

major life transition. As a coach, I want you to succeed as quickly and as powerfully as possible. Always keep in mind that when you enter the coaching process, you are in charge. You decide where it goes, and when it ends.

### **What type of commitment do I need to make to work with a coach?**

I ask my clients to be willing and ready for each coaching session. This means paying on time, keeping appointments, being punctual and prepared for our calls, being present during our session, being truthful with themselves and me, and following through on the tasks or fieldwork they have selected for themselves.

### **Why offer coaching over the telephone?**

*Telephone coaching offers quicker intimacy.* Because of the automatic boundary telephones provide, clients seem to trust more quickly and disclose private information more easily to their coaches than they do in face-to-face coaching. Speaking right into each other's ears is quite intimate.

*Telephone coaching can provide increased effectiveness.* I've found that clients move further faster with weekly telephone coaching than with face-to-face sessions. I believe this has to do with the added intensity and directness. Basically, what this means is when we coach over the phone, the dynamics of body language and social etiquette are taken out of the picture for both the client and the coach. For example, sometimes I actually close my eyes when I am practicing deep listening with a client over the phone and this would not be appropriate to do in person. Also, I often take notes and reference past notes during a session and this can get awkward in an in person session.

*Telephone coaching is more convenient.* You can call you from where you are, taking less time from a busy day. And if I am traveling, I can keep appointments with my clients.

*Telephone coaching provides me with an opportunity for deeper listening.* Masterful coaching requires listening on the deepest levels. These deeper listening levels are accomplished when other distractions are eliminated from the surroundings.

That said, I offer *in-person coaching* as an option on a case-by-case basis.

### **Why do people pay in advance?**

Coaching clients pay in advance to demonstrate their commitment to the process of coaching and their willingness to succeed. From a practical point of view, this ensures that we dedicate our sessions to coaching and not to payment arrangements. There is no financial risk to you since you may terminate our relationship whenever you want (with a week's notice) if you determine coaching is not for you. I will reimburse you for any unused session(s).

### **What credentials do I have?**

I am a Certified Professional Coach and achieved this certification through a two year

program with the International Coach Academy. Additionally, coaches who belong to the International Coaching Federation have achieved high standards of certification through accredited training schools. I am currently working my way through this accreditation process. I adhere to ICF's guidelines and code of ethics. I hold a Masters degree in Business Administration and Management with a Bachelors degree in Sociology, and a minor in Psychology.

### **How do I know that coaching is right for me?**

A coaching process is a personal commitment and a financial investment on your part. The best way for you to know if it is right for you is to participate in a discovery session with me. The discovery session gives us an opportunity to find out how well we relate to each other. It also allows us to discuss the goals you would like to work toward and determine a plan of action to achieve your own authentic success.