



Life Coaching Facts and Questions

What is life coaching?

Coaching is a powerful and ongoing partnership that is meant to maximize human potential. It is an empowering process where you connect with your emotions and needs in order to help you focus and realize your visions and goals. You will get the support and tools needed through life coaching to remove obstacles and facilitate change – building on the inner resourcefulness, wisdom and strengths you already have! Your Life Coach will not tell you what to do but instead tap into your vision to facilitate your own personal discovery.

What are some reasons people hire a Life Coach?

- To develop more self-awareness
- To deepen your connection with others
- To reduce feelings of overwhelm
- To make your present work more fulfilling
- To create a more balanced life
- To enhance your life based on what matters most to you
- To focus your energy and finish something important
- To prepare for or respond to transition
- To reconnect with your energy and passion
- To increase your effectiveness in life
- To get yourself or others motivated

How is coaching done?

There is no coaching session that will be the same. However, coaching is often done in person or by telephone over a period of 45 minutes to one hour. Sessions usually occur every couple of weeks to support your transformation and maintain the momentum gained each time. It is also important to make a two-three month commitment, at a minimum, to your Life Coach in order to maximize progress.

What is not coaching?

Coaching is not therapy. Coaching focuses on personal growth and is not meant to heal emotional trauma. Life coaches often refer clients to other professionals that are better suited to support the processing of past life experiences. However, you can benefit from coaching and therapy simultaneously even if you have a mental health diagnosis. Many clients report that experiencing both relationships can be therapeutic and mutually beneficial.

What is a typical coaching session like?

You will set the agenda and pace in each coaching session starting from the beginning. You can expect your Life Coach to ask powerful, empowering, and clarifying questions to help deepen your awareness. Your Life Coach may also invite you to stretch your thinking, challenge beliefs or behaviors that are not serving you, give you feedback based on observations, and support actions that are in line with your best self moving forward. Your Life Coach will set high expectations of you, set up accountability systems, and push you with a tremendous amount of love and respect for your own progression.