

# IS THIS FOR *me!*

## **What is coaching not.**

Life Coaching is not therapy, counseling, advice giving, mental healthcare, or behavioral treatment. Coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other licensed professional service. If you are basically well adjusted, emotionally healthy, functioning fairly effectively, and want to make improvements in your life, Coaching is for you.

## **What does Life Coaching do?**

Life Coaching focuses on exactly what **you** want to achieve. Areas may include (but are not limited to) personal foundation or development, spiritual growth, lifestyle management, life balance or productivity, decision-making and goal-setting. In safe and non-judgmental space, the Life Coach will help you set short-term or long-term goals, then keep you focused and accountable to the goals you set together.

## **What about the Faith part?**

A client's belief-system is a cornerstone for his or her thought-life. A Coach works with the client to achieve clarity and purpose as it relates to this essential building block. This helps to set GREAT goals with confidence and conviction. We don't have to believe the same, but as partners in the work, we need to understand what we believe.

## **What happens during a coaching session?**

Each session starts with a review of the actions set in the last session, and a look at progress. A session goal is then established to clearly define what you want to achieve by the end of that session. This may involve brainstorming, values clarification, written assignments, watching or listening to media, education, action planning, agreement to change behavior, examining lifestyle and questioning... lots of questioning.

## **How long are the coaching sessions?**

Life Coaching sessions last about 40-60 minutes. These sessions can be arranged weekly, bi-weekly or monthly; whatever suits you.

## **How many Life Coaching sessions will I need?**

This depends on what you want to achieve and how quickly you want to get there. Most people come to a Coach with a life-changing goal in mind. In that case, we break it down into smaller goals to be achieved at each session. It may take as few as 6 sessions, and for others it will be more. It is a personal decision based individual goals.