

Frequently Asked Questions

Q: Why does someone work with a coach?

A: There are many different reasons to work with a coach, but in general, clients choose a coach because they feel stuck or recognize that they need just a little bit of help to get to the place they want to be (even if they don't really know where that is).

Q: Is a Life Coach like a Therapist?

A: No. A Therapist is trained to listen for your problems and help you process them so you can function in your day to day life. As a Coach, I listen for your strengths, your dreams, your perceived limitations, and help you gain clarity on what you need RIGHT NOW to move forward towards the life you want. The Coaching relationship is based on the idea that the Client is whole and capable and just needs a helping hand to bridge a gap.

Q: What is a "CERTIFIED" Life Coach?

A: A Certified Life Coach is a Life coach that has completed a training program that has been accredited by an agency such as ICF (International Coach Federation). This ensures that each coach is being trained to provide the best services for their clients and maintaining strict professional standards. It's important to note, however, that my work as a coach is informed by ALL of my learning throughout my lifetime as well as the learning and growing that I am continuously engaging in.

Q: I don't live near you, can you still be my Coach?

A: YES! I only coach virtually as it's more accessible for clients which I coach all over the States. All appointments will be conducted via internet video conference (Zoom) or (Doxy.me). If you have a phone and service/internet connection, then you are ready to go! Please note that I require you to show your face! There is so much unspoken that I must see to better coach you.

Q: I need something a bit than what I've been on your site. Do you offer custom packages?

A: YES! Everyone is unique and have different needs for coaching support, so though I offer hourly rates, I do create custom packages to offer my clients the best with no fluff.