

Coaching FAQ



Life coaching is a one-on-one, confidential, ongoing formed relationship in which a client is guided by the coach to make better decisions, look at choices, identify barriers, work through challenges, and reach beyond their feelings of limitations and focus to achieve their goals. It provides accountability, a sounding board, a way to brainstorm. Coaching empowers you to move from where you are to where you want to be. As a coach we provide an unbiased objective with feedback to our client. We don't judge or determine what clients should or should not do. Coaches are not counselors or therapists; we are your coach; one who guides and walks beside your journey in life. Everyone's life is a story, everyone's life is a journey, on this journey there are many roads that we can take, the journey will be much easier with a navigator traveling beside you.

What are the benefits of having a coach?

- Find one's life purpose
- Stress reduction
- Make decisions
- Get help dealing with change
- Move forward faster
- Help with balancing a busy life
- Time management
- Solve problems
- Communicate more clearly and confidently
- Overcome obstacles
- Help prioritize

How and when do we meet?

We will talk by phone at your appointment time; each session is about 45 to 50 minutes. These sessions can be set up on a weekly basis, bi-weekly basis, and monthly basis; whatever the need may be. Best results are three sessions a month for a minimum of three months.

How do I schedule coaching sessions?

After our initial 15 minute complimentary consultation, we will determine what schedule might be good for you. We will complete the necessary forms to proceed with our coaching relationship. On the scheduled day and time you will telephone in for your session.

What are the fees and how do I pay for hiring a coach?

The fee is to be paid in full 24 hours before your scheduled appointment time. You will receive an invoice from PayPal through email; there is where you can make your payment. If you do not have an email address, go to my website www.unlimitedcreations.net click on store, click on make payment, and click on coaching.

What can I expect at a coaching session?

We will review what we discussed in your previous session, and go over your action plan and any homework assignments. We will discuss your vision, your 6 month plan, failures and fears and form a new action plan for your next session. There will be times that you will receive an

assignment or homework, this assignment or homework needs to be faxed or emailed back to me 24 hours before your next session.

Contact Joanne at: 520-405-4587 or jk.unlimitedcreations@gmail.com