

### *How does coaching work?*

Most coaching is done by appointment over the phone. This method works well for several reasons: The geographical location of the client and the coach doesn't matter; people tend to be more honest and open with the sense of anonymity on the phone; and no special trips are needed out of the house – which saves time, money and gas! In person sessions are available at special request.

### *What happens During session?*

Coaching sessions are usually weekly 3-4 times a month. Each session begins with celebrating accomplishments, successes and any other positive events in your life since we last met. We'll then go over any “challenges” or opportunities that you would like to discuss. We'll take some time to identify where the internal and external blocks are, find ways to shift them and create an action plan to move you forward towards your desires and goals.

### *What happens Between session?*

Between sessions, you will work on the action plan to help you learn more about yourself and propel you forward. You can also contact me between sessions via email, chat or text message to share successes and for some extra encouragement when you feel “stuck”.

### *What is Discussed in sessions?*

Some people will want to direct their focus solely towards finding love or renewing love in their relationships. However, it's important to recognize that you are a whole person! Your whole life is a system, in which each aspect affects every other. How are you going to find love or improve your relationship if you are completely stressed out about your job? I encourage you to touch on all areas of your life: physical, mental, emotional, spiritual, health, career, finances, etc.