

Typical Coaching Questions

What happens during the coaching call?

We discuss your week – what went well, what didn't; specific goals, tasks and exercises you're working on and next steps. Throughout the call I'm asking powerful questions that allow you to think deeper and consider different perspectives, while I offer objectivity, structure, energy, positivity, intuitive insight. Between calls you will have homework and exercises to complete that help move you forward. (The amount of in-between work required is up to you – based upon your schedule and workload.) On-going email conversations are available to help you stay on track.

What differentiates coaching from therapy?

Psychotherapy generally addresses emotional or behavioral problems that are interfering with a person's functioning in areas of his or her life such as work, relationships, or family. In contrast, coaching is for persons who are already functioning well but who want to move toward a higher level of functioning, achieving excellence while creating a happy, balanced and meaningful life. There are times when individuals may benefit from both psychotherapy and coaching. Coaches are trained to identify therapeutic issues, making referrals if necessary and helping the person to identify which service will benefit their individual situation the most and at which time.

Is coaching over the phone as effective as in-person?

Yes, it is highly focused. There are no outside distractions, no travel time is required. While some have expressed skepticism about this format, their reservations have vanished once they give it a try. We come to the call prepared to work and respect the allocated time for the session. Another advantage is efficiency by having my coaching resource materials immediately at hand. For example, a specific book may come to mind during the call – I can easily locate and reference its content or email a coaching exercise that we can discuss ... all in real time.