

# Essentials For Change



## How It All Works

### Getting Started

Life coaching can be done over the phone, in online courses, via Zoom (live chat), or email. In person appointments will be available upon request, when all health threats and bans are lifted. Potential clients use the contact information to request a free 30-minute consultation. The consultation will help determine if my services would be a good fit to help you define and attain a brighter future.

### The Purpose

Every life coaching session is carefully structured to make the process easy and enjoyable, while at the same time guiding you, step by step, toward the practical achievement of each of your goals. These services will open doors for you to build higher self-esteem, improve your personal organization, help you set and achieve career goals, improve your health and wellness, create positive relationships, and enhance your personal development, all of which lead to increasing your quality of life!

### The Process

Clients have the option to choose Coaching sessions using online courses, the Faith Forward Workbook, or other scripted protocols based on needed topics. Sessions revolve around probing questions to get to the heart of the matter a client is facing. Feedback enables the client to hone in on a precise set of goals. Details are reviewed to establish objectives. Homework (accountability) includes journal writing, various exercises, and reading material which lead to building a "balanced life strategy." Sessions continue with clients reporting on progress with their "action plans." Radical changes take time as a person grows into that higher self. Coaching is not a quick fix, but it is definitely quicker than living in agony with resolvable problems.

### Coaching Time Line

After the orientation is completed, a coaching plan is chosen, prepaid rates established (payment plans available), and the coaching contract is signed, sessions begin. Generally, clients can expect to invest anywhere from 2 to 6 months or more in developing their new patterns of choice. Sessions take place weekly, between 2-4 times a month. Each session lasts between forty-five minutes to an hour. The sessions involve talking or writing about what went well, what hasn't and what you accomplished in the past week. You will also review what the next steps are for supporting order, energy, positivity, insight and direction. Life coaching questioning techniques help you to access your emotions through your personal skills, faith and knowledge. Between sessions, taking responsibility to act upon your goals are vital steps for you to begin creating a destiny of choice.

***Amid all your responsibilities, activities and projects, it's sometimes hard to see the big picture and easy to become overwhelmed or feel like you're lacking direction. The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year. ~John Foster Dulles***