



Personal Coaching FAQ

Life and Leadership Coaches “guide people, groups and organizations from where they are toward the greater competence and fulfillment they desire. *Christian Coaching* is the art and practice of working with a person, group or organization in the process of moving from where they are to where God wants them to be.” (Collins, Gary R., *Christian Coaching*, page 359)

Why do people seek coaching?

Coaching helps people who want to:

- Pursue goals
- Develop confidence
- Build a vision for their future
- Get unstuck
- Transition well between seasons of life
- Establish healthy balance between priority areas
- Unlock their potential

How does coaching differ from counseling?

- Coaching is for those who are ready to build a vision for their lives and move forward. It is not for people who need therapy to overcome pain in their past.
- Coaching pursues the next step forward, not retracing the past for answers.
- Coaching focuses on building confidence, strength, and skills, not overcoming weaknesses.
- Coaching is a partnership between two individuals (or within a group) where the client has the answers and the coach helps the client identify them, not where the coach has the answers to guide the client.

What is the difference between Coaching and Consulting?

- Coaching assumes the client knows and has the answers and uses active listening and powerful questions to help them uncover that within themselves.
- Consulting provides direction and answers and uses the expertise of the consultant to offer suggestions, develop plans, and implement ideas.



What do coaches do?

In a coaching relationship, coaches use active listening and powerful questioning to:

- Stimulate skill development
- Stimulate vision creation
- Stimulate growth through transitions
- Guide clients on their journey

What happens in coaching?

Coaching begins with exploration of the issues the client wants to change and identifying where the client is at present with regard to strengths, weaknesses, abilities, interests, passions, spiritual gifts, values, world views and hopes.

Coaching continues with assisting individuals, groups and organizations in creating life-vision or life-mission statements which can include vision clarification, goal setting and planning for those goals.

Coaching is an ongoing process that continually challenges, encourages, and gives accountability in order to guide their clients past obstacles so they can experience growth.

How does the coaching process get started?

In our initial, free, 30-minute Discovery Call ([Schedule one here](#)), we will determine what your needs are and whether or not I am the right coach for you.

If you determine I am a good fit for you, I will send you a Welcome Packet. This packet contains a *Welcome Letter*, a *Coaching Agreement Form* that outlines our contractual agreement and gives you the ability to choose which type of monthly coaching you would like, and a *Getting to Know You* form. Once you have returned the *Coaching Agreement* and *Getting to Know You* forms via email, I will send you a secure link to schedule your sessions and an invoice. Payment is due before our first session.

How long is each session?

Each session is 45 minutes long.

Are sessions by phone or in person?

All sessions are set up to be effective by phone. However, I do occasionally meet clients in person within a 20-minute drive from North Mount Pleasant, SC. I can, however, set up a Zoom call for face-to-face interactions, but find most clients prefer phone calls since they are less distracting.

What will happen in a session?

We will discuss your personal areas of development for the session and come to an agreement about what, specifically, you would like to focus on. We will then have a strategic discussion to get you from



where you are to where you want to be. You will do the majority of the talking as I actively listen to you. I will follow up with clarifying questions, thought-based questions, and mirroring questions meant to guide you to the answers you already have but cannot yet identify. If we are engaging in Christian coaching, we will begin and end in prayer and seek the guidance of the Holy Spirit.

I am not a Christian. Can you still coach me?

Absolutely! I am trained to listen and ask powerful questions about whatever is going on in your life. We will establish your spiritual preferences in our first session, and I will respect them throughout our relationship.

What will happen after our session?

You get to work on whatever action steps you identify for yourself in our session and begin to experience growth! Additionally, if you haven't scheduled your next session you will need to do that too.

What if I have to cancel or reschedule?

Once we have decided on a meeting plan, any cancellations or rescheduling will need to be made a minimum of 24 hours before our next scheduled meeting. A no-show, or late reschedule, may result in a loss of that session (emergencies notwithstanding). If our call is delayed, we will still end at our usual time, unless we have discussed a time change previously.

Do you offer refunds?

Yes. You will be refunded the balance of your package payment as long as an email request is made 24 hours prior to our second scheduled meeting, no questions asked.

Is this a counseling program?

No. I am not a trained counselor or therapist and no attempt to mediate will be offered. I do, however, have to report any abuse (relational or self) as I am mandated due to my South Carolina and California teaching credential.

What if I have a question between our sessions?

You may send me an email outlining your situation and asking the questions you may have at any time and I will respond as soon as I am able. I do not respond to email weekdays after 6:30 pm or before 8 am, or on the weekends.

How long does a Coaching Agreement Last?

Our coaching agreement lasts for a minimum of three months or the length of the package you selected, based on your preference (see below for packages lengths and costs) unless you request a refund in



writing. After that, you will automatically be billed for monthly coaching until you let me know, in writing, that you would like to end our coaching relationship.

How much do your coaching services cost?

The initial Discovery Call is absolutely free ([schedule one here](#)), and you are under no obligation to continue (I also will not pressure you or add you to any email list). Should you decide to work with me, I offer the following:

Monthly Coaching Package:

- **Carefree Coaching: 3 sessions a month: \$100/month (minimum 3 months).**
 - **Navigate the stage of life you are in with confidence!**
 - **Who it's for:** Adults of any age who want to move the priority areas of their lives from stuck to thriving through developing awareness, creating vision, and taking next steps.

Fixed Time Coaching Packages:

- **Goal Getter: 8 sessions \$200**
 - Create vision, set goals, and develop practical action steps to get there.
 - **Who it's for:**
 - Students who need to clarify their own vision, establish goals, and create viable actions steps in order to have the future they want.
 - Adults who need to clarify their own vision, establish goals, and create viable actions steps in order design a life they love.
 - Leaders who need to clarify their own vision, establish goals, and create viable actions steps in order to lead their teams more effectively.
- **Star Student: 6 sessions \$150**
 - Plan the ideal schedule for getting school and life done well.
 - **Who it's for:** Students who want to create a vison for success and develop a plan for making it work for them.
- **Career Clarity: 12 sessions \$350**
 - Develop confidence to pursue what you're passionate about.
 - **Who it's for:** College students, recent graduates, and older adults who want to find a career they're passionate about and develop steps for pursuing it.
- **Lifestyle Liberty: 12 sessions \$450**
 - Ditch the overwhelm and develop a life that excites you and gets you where you want to go.
 - **Who it's for:** Adults who are stuck in the rut of overwhelm and want to develop a clear, actionable plan for getting unstuck and into a life that excites them.



- **Purposeful Parenting: 8 sessions \$350**
 - Develop parenting techniques to purposefully create the family you want in the season you are in and beyond.
 - **Who it's for:** Parents who want to be purposeful in creating a family dynamic that works for them instead of against them.
- **Developing Direction: 12 sessions \$450**
 - Create a compelling vision to get your team moving in the same direction towards where you want to go.
 - **Who it's for:** Leaders who want to identify potential limitations within their organization, reestablish vision, set a course correction, and develop actionable steps to achieve their vision.
- **Making Management Meaningful: 12 sessions \$450**
 - Develop your team's potential and build success for your organization
 - **Who it's for:** Leaders who want to take their organization to the next level through developing their vision and their team.

I am still not sure this is what I need. Can you clarify a bit more?

Sure! [Schedule your FREE Discovery Call with me today](#) to hear a more detailed description and how I might be able to help you. To schedule, please use this link.

(If reading this on paper, here is that link: <https://calendly.com/stephaniehaynescoaching/30-minute-discovery-call>)