

-FREQUENTLY ASKED COACHING QUESTIONS-

What exactly is Life Coaching?

Life Coaching helps you discover, design and live your best life possible. Client and coach work in partnership to achieve the client's goals.

How does it work?

- Ascertain where you are now and where you want to go
- Help you create a vision of your life and create steps to achieving this vision
- Overcome obstacles that keep you from living the life you desire
- Dissolve destructive thinking patterns
- Discover and utilize your unique talents and strengths
- Celebrate all your successes along the way

What are the benefits of working with Cindy as my Life Coach?

- Clarity of path and purpose
- Discovery of your unique talents, strengths and values
- Increase in self trust and understanding
- Increase in self confidence
- Accountability
- Take home success and self-coaching tools
- Dedicated "you" time
- Increased energy
- Brainstorming partner
- A safe environment to stretch and express yourself
- Finding your own voice
- Experience and expand your innate ability to create happiness and fulfillment

How is Life Coaching different from Therapy?

Therapy is based on the past where the therapist is the expert. Life Coaching is focused on the present in order to create and influence your tomorrows. Your Life Coach is your guide and operates under the knowledge that the only expert of your life is you

Who hires a Life Coach?

- Anyone who wants to live the best life they can
- Anyone with dreams
- Anyone who wants to create change and knows that change begins with them
- Anyone who realizes that reaching out for support is a sign of incredible strength

Who are your clients?

My clients are women from all walks of life from all over the world who are ready to live their best lives. I have clients in Canada, the USA, Australia and Europe.

Do you only coach in person?

No. I do coach in person however I also coach via telephone, Skype or email. Each approach is powerful and allows you to get the support you need no matter where you are located in the world.