

# FAQ

Q1) What is a life-coach and what is life-coaching?

Life-coach is a qualified coaching professional who will help you to take your life from your current situation to the desired point according to the path best suited to you based on your foundation personality and your belief system. Coaches never advise, they always listen and then ask relevant questions to direct you to powerful discoveries and insights developing the desired transformation.

Life-coaching is a goal-oriented and future-driven process to help you gain clarity, accomplish your goals and transform your life. It's a reflective process which gives you utmost clarity about who you are and why you are the way you are. The life-coaching process will also tap into your unrealized potential by uncovering your strengths and changing the quality of your life.

Q2) Do you need a life coach to help you know about your life better?

Well, if you have not been able to figure out what you really want and feel something lacking or are stuck & unhappy and have not been able to find that missing piece to your puzzle that can make you feel complete, then a life coach can help. The life-coaching professionals are dedicated to your concerned future and will listen, support and encourage you and will help you discover your "chosen" path. So, in short, everyone who wants to get better in life and achieve more and lead a happier life should take the help of a life coach.

Q3) How can you decide if coaching will work for you or not?

Once you show interest that you would like to know more about this practice, you will get a quick call from me to understand you and your struggle a little better so that I can estimate correctly if I can genuinely help or not. If I feel I will be able to add value to your life, you will be invited for a Strategy Session wherein you are taken through the contents of the whole course week-wise so you can decide if the technique is ideal for you and can change you in a better way or not. Once finalized, you can enroll and begin your coaching sessions.

Q4) How long is the coaching session and what happens in a coaching session?

The 10-week coaching program comes with two-hour long coaching sessions every week wherein you will be understanding the tools to reflect and make the best use out of it throughout the week. Each session will start with a quick summary of the last session and how it has impacted them. This is to identify if that has been able to make any change or progress in your life. Then you will cover an elaborate understanding of the coaching step in the process.

Q5) Where does the coaching session take place?

In case of the same city availability, it can be an offline session. But in case of different locations (or in case of a crisis), I do it online. It's important (for online sessions) to be in a place where there is not much noise or disturbance so you can focus fully since it requires attention.

Q6) How much does it cost?

It's INR 40,000/- or USD 550/- for the 10-week coaching program.

Q7) What will you have to do?

The first thing is to take the onus of the change. Always remember, the coach is an ally, a support but can not do things on your behalf. You have to completely own the responsibility to do the actions and steps required and do it whole-heartedly and with commitment. You have to stay committed to this cause of your life-change consistently. It's a lifestyle you are adapting, not just a ten-week course. You need to be open and receptive to the ideas and breakthroughs and stay positive. You need to trust your coach and be honest with them so they can help you at their best. The coach will respect and maintain the confidential information shared and will not disclose it anywhere and will also provide you all the support, encouragement and techniques you need to achieve the goal.

Q8) How is a coach different from a counsellor, therapist and psychologist?

A coach never advises, they only ask relevant questions to initiate the soul-searching process to, then, direct you to discoveries so you can connect the dots and understand the source cause and reason of your emotion/behavior/mindset. And as mentioned above, this practice is reflective, but it focuses more on the future the way you have envisioned. Coaches also work within a stipulated timeline for desired outcomes

Q9) How do you choose a life coach?

Your coaching environment is like a safe-space which should, ideally, make you feel safe enough to open up and share. You should be able to express yourself freely. Your first call with the coach (Discovery session) and the Strategy Session can tell you sufficiently enough if you are vibing with the coach or not. You should be comfortable.