



Life coaching FAQs

Q. Why might I want to work with a coach?

A coach can be helpful on many topics such as work/life balance, your future goals, relationship challenges and any personal or professional goal you wish to work towards.

Q. What sorts of topics are appropriate to discuss with my coach?

There isn't a topic that can't be useful for coaching. However, coaching is NOT therapy. A coach asks questions, uses tools, sometimes assessments but never diagnoses or prescribes. The mindset of coaching is that the client is naturally creative, resourceful and whole. From there the coach will explore YOUR answers, what is true for you, what is important to you and what you value, without judgment. It is both reflective and actionable. There will be assignments depending on the topic.

If you feel that you are often anxious and depressed, a therapist might be the better way to go.

Q. What happens during a coaching session?

The coach will ask you what happened since the last session, what you learned about yourself and the topic and what progress (if any) you made. From there the coach will ask questions, offer advice (only if YOU ask for it) and you'll keep exploring your topic (or any other topic that seems relevant to you at that time). And all conversations are strictly confidential.

Q. How do I get matched with a coach?

You will be asked to complete a questionnaire which you can download on the webpage. The coach will complete a similar document and I will look at both and decide which coach seems the best match depending on your wishes.

Q. What happens if I don't like my coach?

Although that hardly ever happens and we have had this program in place for 15 years, I will just rematch you. We ask that you reach out to me and let me know.

Q. What is the commitment when signing up for coaching? (All year? Time? Prep?)

We ask the coaches to commit to two sessions a month, anywhere between 30-45 mins. for the length of your program year. Each coach has an individual approach to coaching. In the first session you will do something that's called either a road mapping session or "designing the alliance". During that time, you'll sort out logistics, what will work for you

and the coach incl. times. Prep. Time and assignments vary and again you need to let your coach know what is reasonable for you, given your commitments. We ask that you are respectful of their time. Show up when the appointment has been set or cancel well in advance. When you feel that the coaching is complete (when you have achieved what you set out to do) let the coach know during your coaching session so that a completion session can be planned. Completion is an important part of coaching and coaches are also personally invested in their clients – so please don't just disappear or leave them hanging.

Q. What is the difference between coaching and therapy?

There is a video recording on the webpage where I explain what coaching is and what it is NOT. Therapy is about a diagnosis and often therapists prescribe “treatment”. Coaches come from the understanding that you are more than capable and that you have YOUR answers within. Coaches are trained to elicit that wisdom, that knowledge that you have, through questions, various tools like values clarification, perspectives work and working on a vision (and much more). And then you take action that is of YOUR choosing. Therapist don't do that (or rarely). But if you require treatment for anxious and depression that is so severe that it impact your daily life then it's time to look for a different approach.

Q. If I don't sign up in the fall, will I have another chance to participate?

It is to your advantage to sign up within the deadline given (end of October) and if you are starting later, end of January. It's first come, first serve. There are more choices when you sign up soon.

Q. Can I meet my coach in person?

The coaches come from all over the United States and sometimes also from other countries. Coaching is usually done over the phone, sometimes via zoom but you can design that with your coach.

Q. Who are the coaches?

The coaches we select are either certified coaches with years of experience or coaches that are in a certification program. All coaches are going through a rigorous training program from a wide variety of coaching schools or Universities. They offer this service at a small stipend, way below their asking rate of \$150-\$300 per coaching session.

Q. How do I sign-up?

There are two steps to signing up:

1. Please visit <https://www.beabovaleadership.com/american-corps-program/> to sign-up (and for additional videos about coaching).
2. Upon signing up, you'll receive an email with a link to complete a short questionnaire to help us match you with a coach. If you do not receive this confirmation email, check your spam folder or contact our assistant at Khalida@beabovaleadership.com.