

Frequently Asked Questions

What should I expect from my sessions?

Your session will be a focused hour of defining actionable steps towards your goals, professional development, and mentorship. We will use the goals identified in your discovery session to define measurable steps to track progress. You will be expected to come to each session prepared, and I will come to each session with 100% focus on your goals and success.

Will there be homework to do outside of my sessions?

During each session we will determine what your next action steps will be in reaching your goals. You will be responsible for completing these steps before your next session. We will also focus on self-care and you may be required to complete different activities as a part of your journey.

Do you provide coaching sessions virtually or in person?

Coaching sessions are primarily done virtually through Zoom, though in person sessions can be arranged on an individual basis.

I'm interested in a life coach but I'm not sure what my goals are. Should I sign up?

I offer a free, 1-hour, no-commitment Discovery Session, which is a perfect time to explore what your goals might be and if it's the right time to hire a life coach.

My weekly session isn't enough! I need more encouragement throughout the week.

I understand! Follow me on Instagram or Facebook for more content to keep you focused on your goals. Plus, you can connect with other professionals who are focused on success just like you!