



Coaching Network FAQs

- **What is the difference between coaching and counseling?**
Coaching is for those seeking partnership and assistance in reaching personal or professional goals and living a more fulfilled life. Counseling is for those seeking healing from past or current hurts or seeking change in the way they think, feel, or behave.
- **How long is a person usually with a coach?**
Most people get what they need out of working with a Life Coach in between 8-16 sessions based on desired goals. On average, sessions can last anywhere between 30 to 90 minutes.
- **How often do people meet with their coach?**
Some clients meet with their life coach once a week, although some clients meet every two weeks or even just once a month - depending on their needs.
- **Is coaching done in person, or over the phone?**
Coaching sessions can be done virtual, over the phone, or in person.
- **Do coaches have specialties?**
Yes, coaches do specialize in specific areas or niches of coaching. Many coaches narrow their focus by working exclusively with a specific age group or population, which they can uniquely relate to. Other coaches offer services in which their lifetime's worth of career experience can serve as a catalyst for their clients' careers. And some coaches choose niches based on personal experience they've had, whether it's a challenge or pain they overcame, a skill they developed, or a process they perfected.
- **Is coaching only for individuals, or is there such a thing as "couples coaching" where a couple is working toward a desired shared goal?**
No, coaching is not only for individuals. A relationship coach is someone who supports individuals and couples in learning vital skills for relating and developing conflict resolution skills.
- **Is there group coaching available for people working toward the same goals? (i.e. weight loss; career advancement; spiritual growth, etc.)**
Currently, we do not have group coaching sessions available.
- **Can you be involved working with a counselor and a coach at the same time?**
Yes, you can be working with a counselor and a coach at the same time. It is helpful to let your counselor and coach know you are currently working with both.



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- **What is the first coaching session like?**
The first coaching session is typically a consultation session for you and your coach to make sure you're a good fit to work together. You can talk about your situation, and your hopes for coaching. The coach will likely ask you questions so as to ensure they have a good understanding of your situation. By the end of your consultation meeting the coach should describe what coaching sessions will look like for you.
- **How are coaches vetted?**
New Life coaches are required to provide us with their coach certification from a credible life coach training program and a degree from an accredited university. In addition, coaches in our network must also provide a copy of their professional liability insurance, go through a background check, and agree to our statement of faith.
- **What are typical coaching fees?**
The typical range for personal life coaching can be anywhere from \$100 to \$250 per hour, with an average cost of \$120 per hour. However, coaching fees are not standardized.