

# Frequently Asked Questions



Q: What is a Health Coach?

A: A Health Coach is a professional who helps you to make positive changes in your life and to reach the goals you have made for yourself.

Q: Should I hire a Health Coach?

A: In order to determine whether you could benefit from Health Coaching, first think about what you would like to accomplish. Having a Health Coach is a partnership which can be extremely useful for developing a strategy for how you can achieve your goals.

Since coaching is a partnership, ask yourself whether collaboration, other viewpoints, and new perspectives are valued. Also, ask yourself if you are ready to devote the time

and the energy to making real changes. If the answer is yes, then coaching may be a beneficial way to grow and develop.

**Q:** What are some typical reasons someone might work with a Health Coach?

**A:** The top reasons why most people seek a Health Coach:

- 1) To achieve goals and be successful
- 2) To find happiness
- 3) To find your life's purpose
- 4) To do what you love
- 5) To decide on or change career
- 6) To be more confident

**Q:** What are the coaching sessions like?

**A:** Your Health Coaching session typically begins with a personal interview to assess the your current opportunities and challenges, define the scope of the relationship, identify priorities for action and establish specific desired outcomes. Subsequent coaching sessions are conducted either in-person or virtually, with each session lasting a previously established length of time. Between scheduled coaching sessions, the you may be asked to complete specific actions that support the achievement of your personally prioritized goals. I will provide you with additional resources in the form of relevant articles, checklists, assessments or models to support your goals and actions. The duration of our coaching relationship will depend upon your needs and preferences.

Q: What will the Health Coach do? What will I have to do?

A:

The Health Coach:

- Provides objective assessment and observations that foster the individual's or team's self-awareness and awareness of others
- Listens closely to fully understand the individual's or team's circumstances
- Acts as a sounding board in exploring possibilities and implementing thoughtful planning and decision making
- Champions opportunities and potential, encouraging stretch and challenge commensurate with personal strengths and aspirations
- Fosters shifts in thinking that reveal fresh perspectives
- Challenges blind spots to illuminate new possibilities and support the creation of alternative scenarios
- Maintains professional boundaries in the coaching relationship, including confidentiality, and adheres to the coaching profession's code of ethics

You:

- Create the coaching agenda based on personally meaningful coaching goals
- Use assessment and observations to enhance self-awareness and awareness of others
- Envision personal and/or organizational success
- Assume full responsibility for personal decisions and actions
- Utilize the coaching process to promote possibility thinking and fresh perspectives
- Take courageous action in alignment with personal goals and aspirations

- Engage big-picture thinking and problem-solving skills
- Take the tools, concepts, models and principles provided by the coach and engages in effective forward actions

**Q:** What does coaching ask of an individual?

**A:** To be successful, coaching asks certain things, all of which begin with intention. Additionally, clients should:

- Focus on one's self, the tough questions, the hard truths and one's success.
- Observe the behaviors and communications of others.
- Listen to one's intuition, assumptions, judgments, and to the way one sounds when one speaks.
- Challenge existing attitudes, beliefs and behaviors and develop new ones that serve one's goals in a superior way.
- Leverage personal strengths and overcome limitations to develop a winning style.
- Take decisive actions, however uncomfortable and in spite of personal insecurities, to reach for the extraordinary.
- Show compassion for one's self while learning new behaviors and experiencing setbacks, and to show that compassion for others as they do the same.
- Commit to not take one's self so seriously, using humor to lighten and brighten any situation.
- Maintain composure in the face of disappointment and unmet expectations, avoiding emotional reactivity.
- Have the courage to reach for more than before while engaging in continual self examination without fear.

**Q:** Is Health Coaching worth the financial investment?

**A:** Working with a coach requires both a personal commitment of time and energy as well as a financial commitment. The

fees charged vary by which service and/or package is chosen. Individuals should consider both the desired benefits as well as the anticipated length of time to be spent in coaching. Since the coaching relationship is predicated on clear communication, any financial concerns or questions should be voiced in initial conversations before the agreement is made.

**Q: What are the benefits of using a Health Coach?**

**A: The benefits and effectiveness of using a Health Coach:**

- 1) Increased confidence and self-esteem
- 2) Better personal relationships
- 3) Improved communication skills
- 4) Stronger interpersonal skills
- 5) Enhanced work performance
- 6) Improve your overall life satisfaction
- 7) Set effective and measurable goals
- 8) Achieve your goals and develop personally
- 9) Take action to create real changes
- 10) Find new ways to solve problems

**Q: How will using a Health Coach help you?**

**A: Using a life coach helps you:**

- 1) Stay Positive
- 2) Improve Self-Confidence
- 3) Improve Relationships
- 4) Improve Communication Skills
- 5) Improve Work-Life Balance
- 6) Increase Your Productivity

Q: Important reasons why you need a personal Health Coach:

- A:
- 1) Become more accountable
  - 2) Saves time and gets faster results
  - 3) Increased self-confidence
  - 4) Less stress and frustration
  - 5) New ideas to solve problems
  - 6) Insights into yourself