



Leadership/ Life Coaching Frequently Asked Questions

What is Coaching?

Coaching is a custom-built professional development tool which will take you from where you are to where you want to be. The coaching process addresses specific transitions in your life by examining tendencies, discovering possible obstacles, and mapping out a course of action to make your life what you want it to be. A coach will partner with you in a captivating and innovative process that will inspire you to maximize your full potential.

What is a Life Coach?

A life coach is a trained individual who comes alongside you to help you reach your goals or make a change in your life. They guide you through the process by asking questions, identifying barriers and establishing an action plan in order to help you make an important change. Their goal is to help you achieve your dreams and realize your potential.

Benefits of Using a Coach:

Life coaching will help you discover what is most important in your life, where you want to be and what you want to get done. Together you and your coach will design a plan to achieve these things, and work to identify and eliminate obstacles that stand in your way. Accessing a coach will give you a fresh perspective on the challenges you face and lead you to set goals that are based on what you really want. Those that access a coach have increased productivity, improved time management, lower stress and increased motivation.

What would I work on with a life coach?

Coaches can help you in a variety of areas including: business, career and life planning, getting out of a rut, making an important life transition, balancing business and personal life, relationship struggles and much more.

What is the difference between coaching and counseling?

There can be similarities between counseling and coaching. Both counselors and coaches strive to create a client-centered, collaborative partnership by using deep listening and active communication to build a trusting and respectful relationship. They both work to help clients define and achieve their self-described goals by utilizing the client's personal strengths and motivations.



Counseling is provided by a therapist with extensive training in mental health diagnosis and treatment. Counselors work with clients to educate them on their diagnosis and the impact their diagnosis has on their functioning, while also helping individuals learn skills to better manage their diagnosis and improve their quality of life. A counselor assesses the past to better understand the present in hopes to help a client move toward their self-described future goals. Sometimes individuals seek counseling for healing and recovery from the past, other times individuals seek counseling to proactively address issues of future personal development and wellbeing.

Coaching is provided by a professional who is trained to utilize knowledge of human behavior, motivation and behavioral change. Coaching focuses on using a client's strengths to achieve the client's self-identified present and near-future goals, enhance performance and personal satisfaction. A coach may ask, "What's possible?" in helping to explore future opportunities with a client. Coaches aim to navigate individuals toward the discovery of their goals and guide them toward achievement. Coaches may glance into the past, but primarily focus on the future to bridge the gap between awareness and action.

What training does my coach have?

All Leadership Group coaches have undergone an intensive, eight month Life Coach Training through SeattleCoach an accredited International Coaching Federation (ICF) program. Those that are Associate Certified Coaches (ACC) have undergone 100 hours of training, including 10 hours of mentor coaching feedback from a certified coach and have taken and passed the Coach Knowledge Assessment Exam.

How much does it cost?

The Leadership Group Idaho offers coaching services from coaches who have received credentialing from the International Coaching Federation (ICF). If your coach is an Associate Certified Coach (ACC) the rate is \$100 per session. Bundled rates are available.

The Leadership Group Idaho has coaches working toward their first certification (ACC). Accessing a coach who has not yet received credentialing is \$45 per session. Bundled rates are available.

How do I pick a coach and get started?

Get to know our coaches by reviewing their bios on the website (<https://www.mycpid.com/the-leadership-group-idaho/>).

Complete a Coach Request form indicating your coach preference or inquire for more information regarding coaching services. Your coach will contact you within ten days to initiate an informational interview. This is an opportunity to discuss expectations, meeting frequency



and format (phone or in person), and whether you both agree it is a good coaching relationship moving forward. If so, your coaching journey will begin.