



## **Frequently Asked Questions**

### **What is Coaching?**

The International Coaching Federation (ICF) definition of Coaching as: “Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaching is an ongoing relationship which focuses on clients taking action toward the realisation of their visions, goals or desires. Coaching uses a process of inquiry and personal discovery to build the client's level of awareness and responsibility and provides the client with structure, support and feedback. The coaching process helps clients both define and achieve professional and personal goals faster and with more ease than would be possible otherwise”.

### **How is Coaching different from Consulting or Counseling/Therapy?**

Consulting is about giving advice and suggesting solutions. However, coaches do not give advice. If they did, they would be limiting their clients' options, and potentially preventing them from seeing other opportunities. What a coach can do is provide models, questions and ideas as food for thought. Counseling is reactive and problem focused. Coaching is proactive and solution focused. Counseling is about the past, coaching is about where you are now and your future (goal-based). Counseling/therapy moves a person from dysfunctional to functional. Coaching moves someone from functional to exceptional.

### **How can Coaching help me?**

A growing number of extremely successful people from all walks of life, sport and business work with Coaches as catalysts for change. It takes partnership, time and commitment but the benefits are lasting and endless. Coaches have your best interests at heart and work with you to identify what success means to you and/or your business and develop your blueprint for achievement.

Research shows that those who are most satisfied and motivated by their work are in careers which reflect who they really are; careers which reflect their true nature and their real passions; careers which draw on their innate strengths and employ their favourite skills; careers which allow them to honour their deeply-held values. Career coaching can help people explore and identify these and also support with practical application e.g. CV writing, Interview technique

### **What are the benefits?**

Together with the provision of a professional, completely confidential and non-judgemental 'sounding board', we will provide people with support to take the next steps in their career path. There are many benefits in working with a Career Coach including:

- Clarifying career satisfaction and motivation.
- Identifying an exciting and viable new career focus.
- Confidence in who you are, your skills and qualities.
- A CV to make you stand out from the crowd.
- Interview training to help you land that job.

### **Where will the coaching take place?**

At a mutually convenient location or by telephone.

### **Confidentiality**

We understand the need for confidentiality and comply with the International Coaching Federation (ICF) code of ethics. We will also jointly sign a contract.

### **How much does it cost?**

Please review our website [www.fearlessme.co.uk](http://www.fearlessme.co.uk) for details.

### **How long does someone work with a Coach?**

There are no rules. You would be completely free to make decisions about how often you would want to meet based on how you feel and your individual circumstances.

### **What is the next step?**

The best way to find out about Coaching and what it could do for you is to book a free consultation. During this 20 minute consultation, you will have the chance to discuss your objectives, desired changes and goals. You will also learn about services and fees. To book your free consultation, please contact us:

Tel: 07787526019 or email: [margaret@fearlessme.co.uk](mailto:margaret@fearlessme.co.uk)