



HG Life Coaching FAQ's

Q: What does a life coach do?

A: A life coach acts as leader and guide for your personal life, teaching you how to solve the problems that are undermining your success and happiness. With compassion, respect, wisdom, and a sense of humor, a Handel Group life coach blows the whistle on what's between you and what you most want. How does it work? Like therapy, the deep, trusting and safe relationship that your coach creates with you is pivotal to the success of coaching. Unlike most therapy, coaching is directive in nature, action-oriented, and focuses heavily on the homework you will be assigned in between sessions. In order to break through the barriers that are holding you back, HG coaching challenges your behavior, and the narratives you live by. The process of 1-1 coaching is impactful and inspiring. A successful coaching relationship happens through weekly sessions by phone or video conference for a committed period of time (normally at least 6 months). Most people hire a life coach to help them have a more fulfilling life, improve or change careers, lose weight, find love, or to deepen, resolve and/or fix relationships.

Q: How often should I speak with my coach?

A: In order to get the results you are after, you'll need to meet with with your coach, at minimum, twice each month, but, ideally, if financially viable, once a week for 55-minutes per session. Why? Because continuity is essential to produce the real and lasting change you are seeking.

Q: I'm really busy, will coaching fit in my life?

A: Changing your life takes real time, investment, and work. The coaching assignments take time. The first assignment, in particular, can take well over three hours and the weekly assignments you'll be given could take at least 1 hour a week, depending on what you are working on. The good news is, if you truly give a shift about changing your life, living true to your ideals, and realizing your dreams, you'll find the time.

Q: What is the difference between a life coach and a therapist?

A: Therapy has its place and life coaching has its place. Because we aren't trained to treat illness or addictions, we work best with people who are already healthy but are struggling to be successful or happy in one or more areas of their life. We focus on action as the main access to shifting patterns. Our work is philosophical, spiritual (not religious), and action-oriented. It's our job as a life coach to fight for you--to help you break into your own life. To make uncommon knowledge common. To teach you how to tell the truth, and teach you Personal Integrity, which is how to keep a promise to yourself. With a sense of humor, we help you lighten up about your darkside--from your negative character traits to your self-sabotaging thoughts. People in emotional crises or dealing with mental illness or depression often find more comfort in therapy. And of course, we can't prescribe medication.

Q: How much does coaching cost?

A: Generally speaking, the smartest recommendation for people who want to ensure change is to work 1-1 with a coach, which ranges from \$500-\$2600/month, depending on the frequency of sessions and seniority of your coach. If that is not within your budget or more than what you were looking for, click the following links to learn more about our other services that may be more in line with your needs and budget: Tele-Talks and Live Events, our digital coaching course Inner.U, our book Maybe It's You, or our free offerings.

Q: Do I have to purchase a package of private coaching sessions?

A: No. We will not bind you to a monetary contract, and we do not require you to pay upfront for your coaching sessions. However, because coaching is a process that takes time and commitment in order to see results, we ask that you make a mental commitment to a set number of sessions. This commitment will be discussed with you during your consultation and based upon your specific needs. Of course, should you end up meeting your goals earlier than expected, or, if, for any reason you are unhappy with the coaching process or our methodology, you can cancel at any time.

Q: I'm struggling with a mental health issue. Can a coach help me?

A: We are not mental health professionals and do not offer mental health, addiction, or psychological advice or treatment. Coaching is not intended for those experiencing these issues. If you experience depression, serious anxiety, addiction, suicidal thoughts, or extended periods of negative thinking that you are unable to stop, we recommend seeking professional help from a mental health practitioner.

Q: Will HG coaching help my marriage or relationship?

A: Yes! We have helped thousands of people in their relationships. Relationships are one of our specialties, and favorite things to help heal. All of our coaches are trained and experienced in helping people navigate and change interpersonal relationships. If you want to work specifically on your marriage or love relationship, we also have coaching programs designed just for that purpose and coaches who have the level of expertise to match. Schedule a consultation to learn more.

Q: Will coaching help me with my business?

A: Yes! Career and business coaching is one of the most common reasons people reach out to Handel Group, and we believe that your success in your career is directly related to your success and happiness in your life. However, our purpose is not to give you pointers on your resume or tips on what to say or what not to say in an interview. The great thing about us (if we may brag a little), is that we will go much deeper into the source of the problem and look at your life holistically, so we can understand the real patterns and issues impacting your career and teach you how to solve them. If you're looking for a coach to come into your office and work with your team or if you're looking for high level executive coaching, check out HG Corp.

