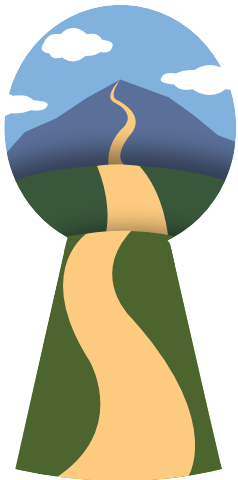


# LIFE COACHING – FAQ'S

**What is life coaching?** Life coaching is focused on thinking and moving forward. Your coach believes that all the answers are already within you. Coaches are skilled at getting the best from you by tapping into your own internal motivation. Coaches help you connect your values to your goals to guarantee you lasting results. Coaches encourage you to reach higher, stretch yourself further, and feel great about taking action. Coaches believe in you, and help you believe in yourself. Coaches also add energy to the process and your life by their own enthusiasm and encouragement.



**How does life coaching work?** Most coaching is done over the phone. This works for several reasons. One, the client can be in the comfort of their own home. It saves time and gas, not to mention trying to fit in “one more thing” into an already hectic schedule. Plus, this leaves the client free to choose any coach they want – geography is not a factor when choosing a coach that meets your needs and personality.

**Can I meet you in person if I want to?** If you are in South Portland, Maine – sure! We can meet face to face during my office hours. I can travel for group coaching and keynote presentations upon request.

**What is the frequency of coaching sessions?** Depending on the coaching package you choose, we either meet weekly or biweekly.

**What is appropriate to talk about during coaching?** The calls are all about YOU and your agenda – meaning, what is most important for you to work on. We talk about the tasks at hand, but coaching is designed to focus on you as a WHOLE... so even when your goals may be career or financial based, you may find yourself talking about relationships, spirituality or personal development. That is perfectly natural. You can count on me to keep you on track and let you know if the subject is relevant to your growth and ability to move forward. Nothing is off limits, and everything is 100% confidential.

**Sounds great, but how can I be sure?** Contact me for a complimentary coaching session to find out if coaching is right for you. It's an opportunity to get to know me, and for me to learn more about your goals with no obligation. Should you choose to sign up, I do offer a money-back guarantee that is covered in the coaching agreement. Your success is important to me!

**What does it cost?** Depending on the program you choose, coaching packages range from \$150-\$400 a month. A three-month coaching agreement is recommended, because most clients find that it takes three months to get used to the process, and then master the process. The average client coaches with me between 6-9 months. After the initial first 3-6 months, most clients move to a “maintenance program.”



OPEN DOOR  
LIFE COACHING

Priscilla Hansen, CEC  
207-222-2171 | [priscilla@opendoorlifecoaching.com](mailto:priscilla@opendoorlifecoaching.com)  
[www.opendoorlifecoaching.com](http://www.opendoorlifecoaching.com)