

FAQs – Frequently Asked Questions about Coaching

What is coaching?

Coaching is an interactive process in which the coach provides an ongoing partnership designed to help clients achieve their desired results and improve the quality of their lives. The coaching relationship includes:

- Accountability
- Support
- Encouragement
- Challenges
- Confidentiality

Why life coaching?

Life coaching takes into account a person's whole life, assessing all eight areas, and empowering clients to better determine their course of action. Whether clients are faced with challenges in their personal life or their professional life, it is all a part of life. Life coaching allows clients to focus on the area(s) that will help them get the most from their coaching experience.

What can I expect from my life coach?

Coaches are hired to push and stretch their clients to achieve things that they may not achieve on their own. With Margit as your life coach you will:

- Clarify your present situation
- Determine your future direction
- Take action towards your goals
- Overcome your obstacles
- Reach your goals and celebrate your success

How does it work?

Life coaching with Margit begins with a one-hour intake session conducted over-the-phone or Skype. During the intake session, a few exercises that the client completes beforehand are discussed and reviewed. Following the intake session, coaching is contracted out by the month. Each month includes three 30-minute over-the-phone sessions and unlimited email support in between sessions.

For "Deep Coaching" with Singing Bowls, each month includes three 45-minute over-the-phone sessions and unlimited email support between sessions.

For one-on-one, in person "Deep Coaching" sessions, with singing bowls, each month includes three 60-minute sessions and unlimited email support between sessions. Sessions are currently offered at Positive Touch Enterprise, Inc. and Dallas Meditation Center, in Richardson, Texas.

How effective is coaching over-the-phone?

Coaching over-the-phone, by itself is very effective, and when combined with singing bowls

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even more so. Plus, it is also very convenient. It eliminates travel time and any expense or stress associated with travel. It also reduces any potential distractions and allows Margit to listen to her clients on a very deep level. To get a taste of what it's like call, or contact Margit to schedule a 30-minute complimentary session.

What happens in a coaching session?

In each session, the client chooses the focus of the call because every client is the expert of his/her life. The coach asks questions, makes observations, and provides the feedback and challenges that will help the client move forward. At the end of each session, clients choose an action oriented homework assignment that will help move them closer to their goals.

What happens in between sessions?

In between sessions, clients have access to unlimited email support from Margit. This is a great way for clients to incorporate more accountability into their lives, ask questions, or report on their successes. Prior to each call, clients complete a Coaching Call Agenda Form. This form includes a brief summary of what has occurred since their last call, and a place to designate how they want to use their time and their coach on the next call. Agenda Prep Forms are sent in 24 hours before each call.

How long does someone get life coaching?

A three month commitment to life coaching is strongly encouraged because it takes time for the process to unfold. With a three month commitment, Margit will waive the fee for the intake session. Following the three months clients can contract coaching out month to month. Generally, a client will work with a life coach in a particular area for 3-6 months. It is common for clients to return for more life coaching when they are ready to take an area of their life to a higher level.

Coaching sessions, with singing bowls, allow for some flexibility. However, generally, clients enjoy the calming and relaxing experience of these sessions and come back for more. To get the most out of these sessions, head phones are highly recommended.

Can I try it out first?

Yes, Margit offers a complimentary coaching session to anyone interested in hiring her as a life coach. The free 30-minute over-the-phone session is a great way to see if there is a good fit between what you want from the coaching experience and what Margit can offer as a life coach. To schedule your complimentary session email Margit at info@americaninstitutesmt.com.