

{Life Coaching}

What is life coaching?

Life coaching is a partnership between the coach and client that equips, encourages, and empowers the client to get from where they are in life now to where they want to be—and where God is calling them to go with Him.

What made you decide to become a life coach?

I have a passion for seeing women become all God created them to be, do what He's called them to do, and pursue the dreams He's placed in their hearts. I'm also a licensed counselor, best-selling writer, and national speaker. I became a certified coach not because I needed more to do but because I believe you and your God-sized dreams are worth it!

How is life coaching different than counseling?

Counseling is about healing past hurts while life coaching is about growth and the future. I'm also a licensed counselor but I'm not legally or ethically allowed to do counseling over the phone or on Skype. If we discover counseling would be a better fit for you, I will help you find a counselor in your area.

How does life coaching take place?

Life coaching consists of weekly sessions on the phone or via Skype. Many coaches limit what they do to just the phone. I've found in our busy lives, women often prefer e-mail to just the phone or Skype. So I do slightly shorter sessions on the phone (30 minutes vs. 45) but then connect with clients via e-mail between sessions too.

How do I know I'm ready for coaching?

If you'd like to better understand who you are or what your purpose is in life {especially in a particular season} then life coaching is probably a fit for you. If you have a God-sized dream you want to pursue but would like help getting started or creating a strategy {vision, goals, next steps, following through} then coaching could work well for you too.

Holley Gerth – Life Coach
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{Life Coaching Fees}

I'm so glad you're considering life coaching! Just like everything else in our partnership, I want the financial piece to work well for both of us.

With that in mind, I did a lot of pondering, praying, and punching numbers into calculators to come up with the solutions below.

Consider life coaching as an investment—in you, your family, your work, and your faith. Like everything else, getting something out of it means being willing to put something into it too.

I'm investing as well. As a licensed counselor, best-selling writer, and national speaker my time is limited and there are many other ways I could spend it. I decided to become a coach because *I believe you and your God-sized dreams are worth it.*

Unlike counseling, life coaching is paid in advance for a certain number of sessions/amount of time. Sessions take place weekly on the phone or Skype and last 30 minutes. In between sessions, we'll communicate weekly by e-mail as needed. In essence, I'm on retainer for you.

Prepay for...

One session (1) = \$90 per session

One month (4) = \$75 per session

Six or More Weeks (6+) = \$60 per session

Payments are made online via Paypal before the session(s) {nonrefundable}.

Before you make your first payment, we'll do a free call to make sure coaching is a fit for you.

Holley Gerth – Life Coach
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{Client Introduction Form}

Name:

Please include a photo of you if possible:

What would you like me to know about you (background, family, etc.)?

What do you hope to accomplish through coaching?

If the person who's your biggest cheerleader were telling me about you, how would they describe you?
He/she would say I'm...

What are you most passionate about? What are some of your dreams?

How would you like your life to be different a year from now?

What questions do you have about the coaching process?

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