

FREQUENTLY ASKED QUESTIONS

ONE-ON-ONE COACHING

How will I know if one-on-one coaching is right for me?

One-on-one coaching is a good fit if you've been trying to change the same habit for a while and already know that information alone isn't the problem. We'll look at the pattern underneath the habit, the identity you're trying to grow into, and the practical supports that can make the new behavior easier to sustain.

Do I need to know exactly what I want to work on?

No. You should have a general sense of the habit or pattern you want to change, but you do not need to arrive with a perfectly defined goal. Part of our work together is clarifying what is actually getting in the way.

What happens during the 12 weeks?

We'll meet regularly, experiment between sessions, and use what happens in real life as information. The process is structured, but not rigid. We'll focus on identity, patterns, practical supports, and the small actions that create evidence for the person you're becoming.

What if I have a setback during coaching?

Good. Not because setbacks are fun, but because they give us useful information. We'll look at what happened, what the old pattern was trying to do for you, and what needs to change in the environment, plan, or approach. The goal is not perfect performance. It's building a pattern that can survive real life.

Do you work only by video?

No. Sessions can be by video, phone, or audio-only, and in some cases may be available as walking sessions in select Twin Cities locations. The point is to make the coaching useful and workable, not unnecessarily formal.