

FAQ's

FAQ's1. What is coaching? Coaching is an extremely effective profession that demands the best from the client while getting what he's going through. In other words the client finds him/herself in a safe and supportive environment where he/she can paint his/her life as da Vinci would paint the Mona Lisa – with perfection. The coach support, encourages and empowers the client to do it even better than da Vinci would do the painting. 2. What does a coaching session look like? ! Means: Telephonic or face to face! Duration: 30 - 45 mins ! Weekly/ Bi-Monthly! Powerful questioning ! Assignments/ actions/ development plans 3. What is the difference between coaching and therapy, consulting, or mentoring? Therapy:! Therapists typically works with people that needs emotional stability by focusing on their past. ! Coaching does not rely on the past to achieve results but on goals set by the individual for the future. Consulting:! A consultant focuses on giving advice and providing solutions by being a guru in a specific field. ! In coaching the client is perceived as creative and resourceful and the expert in his own life and work. Therefore the client doesn't have to know anything about the client's expertise. With the client, goals, development plans and goals are designed. Mentoring:! Mentoring is a partnership where the mentee looks up to the mentor who might be older and more experienced than the mentee. The mentee seeks advice and guidance from the mentor. ! The coach empowers the client to tap into his/her own creativity and to follow personal inner guidance. 4. What is the investment in COG coaching? Because you are a creative unique individual, I believe that by setting fixed rates, I will incapacitate you as a mediocre individual. Therefore there are no fixed rates. The investment is calculated based on your current position with a 20% stretch out of your comfort zone. It encourages you to demand value which in turn empowers you to succeed. (Our Question Philosophy Guarantee)