



1225 W. Beaver Street, Suite 116

Jacksonville, FL 32204

Phone: 904-379-4239

info@TheCenterForConfidence.com

 @Cent4Confidence

 @TheCenterForConfidence

FREQUENTLY ASKED Q&As

What is coaching? ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential – International Coach Federation (ICF)

Coaching: "...challenging and supporting people in achieving higher levels of performance while allowing them to bring out the best in themselves and those around them." – Hargrove, Masterful Coaching, 1995

What is the coach-client relationship? Coaching is an ongoing professional relationship that helps the client to increase understanding, improve performance, and enhance quality of life to produce extraordinary results. Coaches at [The Center for Confidence, LLC](http://TheCenterForConfidence.com) have received years of extensive training that will enable you to achieve fulfilling results in your personal and professional life by providing the support needed to identify, enhance, and maximize the skills, resources, and creativity that you already possess. We are committed to your success!

What is the difference between coaching and counseling or therapy? As a coach, we will use a process of inquiry and advocacy to help you make changes that enhance your effectiveness and develop a course of action to achieve your goals. Coaching is development oriented and future-focused. Counseling concentrates more on the problems and pathologies, self-examination of one's thoughts, feelings, and past experiences.

What is the difference between coaching and consulting? We will guide and support you in assessing and addressing your unique needs and goals and help you map a course to achieve them. A consultant makes an evaluation and subsequent recommendation-often a standard or packaged solution emphasizing group or organizational change.

What is the difference between coaching and mentoring? We work with you to balance your individual and organizational goals through a proven process of learning and development. Mentoring emphasizes senior and junior relationships, focuses on career development, and giving of advice.

What is the difference between coaching and training? Our coaching sessions are oriented toward your specific needs and can encompass a wide variety of change-related topics, and how you can strategically use change to achieve your goals. Training is usually oriented toward a generic topic and narrowed to that focused area.

How do coaching sessions work? Your schedule and needs will help determine the timing of each session. Coaching programs are conducted by phone, online, and in person depending on the occasion and opportunity. These sessions are very effective and convenient for most individual coaching clients.

What are the fees? The first twenty-minute session is free, to make sure this process is appropriate for you and that we have the right fit to help you achieve your goals. Fees for our future sessions will vary depending on the individual coaching agreement.

How do I get started? To schedule your free information session, click the "BOOK AN APPOINTMENT" button on the home page, fill out the form and press send. You may also email TCFC at info@thecenterforconfidence.com or call direct at 1.904.379.4239.

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Organizational and Leadership Coaching

ACADEMIC LIFE COACHING | BUSINESS COACHING | CAREER COACHING | PERSONAL & WORK-LIFE COACHING
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