

Coaching FAQ

Q: Why do you call yourself Leadership Coaches?

A: *We work with individuals who see themselves as, or want to be leaders in their lives, their workplace, and their communities. “Leadership defines what the future should look like, aligns people with that vision, and inspires them to make it happen despite the obstacles.” (John Kotter, Harvard thought leader) Leadership coaching is closely aligned to this definition. Our aim is to help clients release the leader within.*

Q: How long is a coaching program?

A: *Our coaching programs are delivered in flexible modules each lasting 6-months in duration. When the coaching relationship begins, clients are asked to commit to a minimum contract of six months to one year, depending on the particular goals they are trying to achieve. Progress occurs over time and this period is the minimum recommended to clearly understand and define goals, develop skills and competencies, gain momentum and experience progress. After the initial module(s) are completed, arrangements can be made to convert to a month-by-month basis if desired and/or flexible, bespoke arrangements can be made.*

Q: Where will the coaching happen?

A: *Coaching sessions are usually conducted face-to-face in-person or via Skype; or over the phone if necessary to accommodate travel demands. Between sessions, we are also available for brief, scheduled phone calls or via email for continuous support and to deal with any urgent needs.*

Q: How long is a coaching session?

A: *Coaching sessions are usually one-to-two hours long, scheduled bi-weekly or monthly. Alternative flexible arrangements can also be arranged to meet the client's specific needs.*

Q: How do I pick the right coach for me?

A: *There are many ways to choose a coach but the most important way is to pick someone whom you can relate to well and whom you can trust, as well as someone who has a breadth of experience to help you see things from different perspectives. The coaching relationship requires honesty and confidentiality from both the coach and the client. Trust is the foundation of a good coaching journey. Establishing trust requires a commitment from both parties. You should feel safe and secure that your coach has*

your best interest at heart and is there to help you find the success that you want. Remember that your coach is not your friend, but a professional partner who is there to work with you and guide you as needed to achieve your goals.

Q: How do the coach and client start to build trust?

A: Before commencing any coaching program, the coach and client have a personal chemistry meeting to get to know each other a bit better and discuss the issues. The presence of a good “personal chemistry” between coach and client is essential to a good leadership coaching relationship. The ability of the coach and client to connect and relate to one another is vital and often this chemistry is developed during the first several coaching sessions. Having good personal chemistry between coach and client also helps to gain momentum for the coaching program to accelerate results.

Q: How soon before I start to see results?

A: It's important to be realistic about your expectations during your first few sessions. A coach is not a miracle worker but a dedicated and committed professional who genuinely wants to help you to take ownership of your own success and develop the skills you need to accomplish your goals. A professional coach also keeps a coach's log to track your progress, clarify goals and objectives when uncertainties arise, keep you focused on the agreed objectives of the leadership journey, and maintain forward momentum to help you get to success.

Q: How do I get started?

A: Contact us using the form on the [Get in Touch page](#) or email us directly at inquiry@coachingleaderstosuccess.com to arrange an initial consultation.

Summary of Corporate Client Coaching Process



Summary of Private Client Coaching Process

