General Coaching FAQs

How do I know if coaching is right for me?
A great coach can't fix anything. So, first, are you ready to make a change, tackle a challenge, or accelerate your growth? Only invest in coaching if you're ready to do the work.

From there, interview coaches. We offer a free, 30 minute introductory session to answer questions and allow you the opportunity to decide if coaching is a good fit for you.

I've heard coaching is really expensive. How much does it cost? We offer approaches tailored to a number of budgets - from intensive high end executive coaching that is one on one and on call to more budget friendly options that are a little less frequent. Our aim is to work with you within your budget. If our services can't fit your budget, we'll do our best to connect you with a coach whose services will work within your budget.

What can I expect in a typical coaching session?
Each coaching session begins with a review of our last session and any action steps you committed to taking in that session. We'll spend time reflecting and adjusting. Then, the new session officially begins with a question for you - what is your goal for today's session? We then tailor the session to that goal. Each session ends with concrete action steps to continue to work on your goals until the next session.

What's your coaching style?
Our approach is strengths-based, practical, and deeply respectful of your unique values and experiences. We ask powerful questions, challenge limiting beliefs, and help you design your own miniature experiments to figure out what will work for you to move forward.

Do you offer virtual coaching?
Yes. Most all coaching sessions are offered virtually via Zoom, making it easy to fit into your schedule no matter where you're located.

If you are located in the greater Indianapolis area, we can also do live coaching sessions.

How often do we meet, and for how long?
Most clients meet biweekly for 50-minute sessions, but we can tailor a cadence that works best for your goals and schedule.

For example, career coaching for active job seekers may take a more frequent approach like weekly or as needed to prepare for interviews. Conversely, if you have made significant progress towards your goals but still want some additional accountability and support, we can meet once a month to help you continue your growth.

Executive Coaching FAQs

What types of leaders do you work with?
We work with people in roles like Presidents, Provosts, C-suite Executives, Department Chairs, and Deans—as well as those aspiring to those roles. Our focus is on education and mission-driven organizations. Whether you're navigating complex change or preparing for your next move, we can help.

Can you help me navigate organizational politics or conflict?
Yes. Together, we'll build your strategic communication skills, political acumen, and emotional agility so you can lead with integrity and influence.

Career Coaching FAQs

Can coaching help me with a career transition?
Absolutely. Whether you've found yourself suddenly looking for a job, changing industries voluntarily, preparing for retirement, or returning to work after a break, we will help you clarify your next step and build a plan to get there.

Will you help with resumes, cover letters, or LinkedIn?
Yes. Career coaching includes practical support like refining your résumé, crafting compelling cover letters, and optimizing your LinkedIn profile for visibility and impact. We also offer interview preparation sessions.

Financial Coaching FAQs

What financial topics do you coach on?
Budgeting (especially with YNAB), aligning spending with values, managing debt, planning for future goals, and building healthy money habits.

Do you sell financial products or investments?
No. My role is purely educational and strategic. I help you build confidence and clarity around money so you can make informed decisions.

Do I have to use YNAB to work with you?
Nope! While I'm a YNAB Certified Coach and highly recommend it, we can also work with spreadsheets or other tools that suit your style.

Life Coaching FAQs

What kinds of goals can we work on in life coaching?
Anything that matters to you—building habits, improving time management, clarifying values, or navigating a major life shift. If it's personal and meaningful, we can work on it.

How is life coaching different from other types of coaching?
Life coaching is holistic. We explore all aspects of your life—work, relationships, wellness, purpose—and create alignment so you can move forward with clarity and intention.

Logistics & Getting Started

How do I get started?
Schedule a free 30-minute discovery session to explore your goals and see if we're a good fit. No pressure—just a conversation.

What are your coaching packages or pricing?
We offer individual sessions, bundles, and packages tailored to different goals. During your discovery session, we'll explore what's best for you.

Is coaching confidential?
Absolutely. Our conversations are private, respectful, and grounded in trust. What you share stays between us.

Do you offer workshops or group coaching?
Yes! I offer workshops and group programs on topics like leadership, emotional intelligence, and personal productivity. Check the website or sign up for the newsletter for current offerings.