

FREQUENTLY ASK QUESTIONS (FAQ)


- ► **What will happen after I paid for a coaching package/program?**
 - You'll receive a thank you and confirmation email for your purchase and a second email that will outline the next steps of our coaching engagement.
 - The second email will contain several documents, such as a coaching contract and an intake form.
 - You'll need to sign and send back the coaching contract within 48 hours after you received the email.
 - The intake form needs to be filled out and send back the latest 24 hours before our next session.

- ► **Can I pay with a credit card? Yes.**
- ► **Where can I schedule the coaching session?**
 - Go to my scheduling page and choose the coaching package and schedule your next coaching session:
<https://nextlevelcoach.as.me/schedule.php?>

- ► **What will happen in the first and second coaching session?**
 - We will lay a solid foundation for our work together, and create a clear vision for your business.
 - We'll set specific measurable goals (milestones) you would like to achieve during our coaching engagement.
 - Depending on what you have chosen, a structured or unstructured coaching approach, I will encourage you to do several assessments, such as a SWOT, value, an Energy Leadership Index assessment, and/or we'll use different coaching wheels.
 - These assessments will help us to create a reference point to measure your progress and what needs to get addressed during the coaching engagement.
 - Depending on your availability it would be ideal if you could do these assessments between the first and second coaching sessions.

- ► **What will happen between the coaching sessions?**
 - At the end of every coaching session, you'll agree to do an assignment and submit it 24 hours before our next session.
 - I will hold you accountable so you will get the results you committed to achieve.

- ► **How is each coaching session structured if I choose the structured approach?**

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- **First**, I'll ask you what you would like to achieve in this session and we'll determine the session goal.
 - **Second**, we will address the assignment and what challenges came up for you.
 - **Third**, we'll focus on the session's topic/ goal and I'll teach/guide you with questions to uncover what is blocking you, what you'll need to change so you can achieve your desired result.
 - **Fourth**, I'll check in with you if we achieved the session's goal, what you learned what you got out of our time together. I will briefly summarize it.
 - **Fifth**, I'll give you the next assignment that you'll need to complete and submit latest 24 hours before the next coaching session.
 - In each session, I will make sure that you feel heard, and you can express your challenge in a safe, non-judgmental environment.