



Coaching FAQs

What is Spirit Coaching®?

Spirit Coaching® is an approach to coaching and support that helps you identify and express your true, divine nature, the essence of YOU!

Spirit Coaching® is coaching for the inner you, your true self, a support, a witness, a facilitator to help you bring out your best self, and live more fully from the beauty you already are on the inside vs. reacting to who you think you ought to be on the outside.

How is Spirit Coaching® different from Leadership Mentoring?

Spirit Coaching® and Leadership Mentoring both expand your connection to your spirit, engage new levels of your innate wisdom or truth, and support you to express this truth in your life. Leadership Mentoring specifically focuses on your patterns and experiences in the business arena and targets energetic practices applicable in a work setting. Spirit Coaching® has more personal focus on you developing as a spirit and expressing your truth more in the world.

What is it like to have a Spirit Coach®?

Having a spirit coach is like having someone in your corner who sees the infinite possibilities of you, constantly shows you the possibilities of your life and circumstances yet is not attached to you 'getting it.' Demonstrates unconditional love and acceptance, is patient and kind, and holds a compassionate space for you as you work through past regrets, current shame, and future dreams and goals. A place where the highest vibe energy is held for you to take steps closer to owning more and more of your true self and spirit.

Is Spirit Coaching religious?

Spirit Coaching® is a non-dogmatic, non-religious approach to helping you connect to divinity that already exists in you. This type of coaching helps you create your own definition of God or Higher Power and helps you access this connection and apply it more to everyday life.

What makes Spirit Coaching effective?

Spirit Coaching works at the level of energy, and is therefore easier to move stuck energy, release old thought patterns, and transcend non-working habits easier than traditional approaches. Spirit Coaching is awakening the inherent tools that already exist in you, like working a weak muscle, it gets stronger as you practice, tools and knowledge become a permanent part of your awareness and can be utilized independently long after coaching as concluded. As your coach, I'm simply reminding you about tools and talents you inherently have along with support to navigate the tough stuff to arrive at a more grounded, authentic you.

How much time does it take?

Coaching calls are 2 times/month for 1 hour. Homeplay usually takes 1-2 hours between calls. However, the power of coaching is optimized if you develop a daily spiritual practice that can take anywhere between 20 minutes/day to 2 hours/day.

Since coaching sessions are done over the phone, you can take these calls anywhere you have quiet space and time out to devote just to you.

How is Spirit Coaching® different than normal therapy?

Most common modalities of talk therapy focus on cognitive or emotional experiences yet don't have a process to release old patterns or beliefs often at the root cause of suffering.

Spirit Coaching® works at the level of energy, going beyond the framework of the ego, into spirit where you are able to see your life and experiences as an observer, able to transcend difficult experiences, thought forms, and patterns.

With more tools and grace, you are able to see your life through a different lens, a more neutral space of self-compassion, acceptance, peace and harmony.

What if I get started and I don't like it?

If you are feeling called to make a change in your life, are exhausted by old habits and patterns, and generally feel there is more to your life than you are living, then you are a candidate for Spirit Coaching. If after your FREE session you decide this is not for you, there is no obligation. If you start the coaching program and find that you cannot continue for any reason, you will be charged for sessions used.

How will Spirit Coaching change me?

Spirit Coaching brings great gifts both to you personally and to others you are in relationship with such as family, friends, and loved ones. As with most new learning, it takes time to integrate and find new normal with the tools and experiences you will have during sessions. The shifts are subtle and chosen by you based on your own personal pacing and timing. Most people experience feeling more connected to their true nature, able to speak and express themselves more fully, conflicts/challenges soften, relationships have more balance, feel more self-love/compassion, experience greater connection to the world, enjoy being more effective, productive at work and life overall.

How much time does Coaching require, how best do I fit it in my busy life?

Coaching is a commitment to your personal growth and balance and like anything, will pay off if you take this commitment seriously and make room for it in your life. Overall, results from coaching make everything else in life more seamless so the time investment made to growing yourself spiritually, has great dividends.

Here's a typical time investment:

1. 90 Minute onboarding call
2. 2 - 60 minute calls/month, every other week, same day/time every 2 weeks
3. Daily meditation practice morning (20-30 minutes)
4. HomePlay exercises between calls to practice and integrate learning and tools

How much does Coaching cost and how do I pay?

You will receive a monthly invoice on the 1st of every month and is due upon receipt. Payments can be made via PayPal and must be paid before your call appointment. Cost for coaching is provided during your initial FREE 30 minute call.

For more information visit: www.lifefoundations.com, email Christine@lifefoundations.com or call (415) 380-8910.