

Life Coach Meet FAQs

Q: What happens in a coaching session?

A: We'll explore where you are now, where you want to be, and design steps to bridge that gap.

Q: How long is each session?

A: Typically 45–60 minutes, depending on your needs.

Q: Do you give advice or solutions?

A: I guide with questions and frameworks to help you uncover your own answers.

Q: Can coaching help with personal as well as professional goals?

A: Yes, I support both personal growth and career clarity.

Q: How many sessions do people usually take?

A: Most clients see progress within 4–6 sessions, but it depends on your journey.