

Clarity Coach Meet FAQs

Q: What does a clarity coach do?

A: I help you cut through the noise, identify what truly matters, and create an actionable plan.

Q: Do I need to know my exact goal before booking?

A: No, that's what we'll uncover together during our sessions.

Q: How is clarity coaching different from therapy?

A: Coaching is future-focused and action-driven, while therapy often explores past experiences.

Q: How soon will I feel results?

A: Many clients experience a sense of relief and direction after the very first session.

Q: Is this a one-time session or ongoing?

A: You can start with one session, and if it feels right, continue as needed.