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Frequently Asked Questions About Coaching

What is coaching? Coaching is a powerful, ongoing relationship that helps you focus and realize your visions and aspirations! With a Professional Coach, you'll get the tools and support to remove obstacles and facilitate change in your life.

What are some reasons you might hire a coach? to create more balance in your life • to get more organized to focus your energy to finish or plan a project • to step more fully towards a calling • for support through a life transition for support in building new habits you want in your life • to explore what drives you and live more in line with your values to explore a change in careers or make your present work more fulfilling • to plan your life based on what matters most to you when starting a business or some other challenging project • to get unstuck or find greater motivation

What is a typical session like? The hallmark of coaching is self-awareness. You set the general topic at the onset of the call, and I follow that agenda, guiding exploration and action through powerful and clarifying questions, focused and fine-tuned planning tools, and accountability. Together we find ways for you to be challenged while feeling thoroughly supported to make the changes you envision in your life.

How and when do we meet? We meet over a video (zoom/skype/facetime) or phone call on a weekly 40 minute session. While most clients begin to feel the powerful results of coaching almost immediately, the most profound and long-lasting changes come through a longer commitment. I ask for an ideal commitment of 3 months, with 6 weeks being my minimum commitment. This commitment is made after a "Discovery Session" which is a chance to ask any questions, explore, and feel out whether we are a good fit for a coaching relationship.

Is coaching therapy? No, coaching is not therapy. Whereas therapy is often focussed on healing past emotional trauma, you'll find that coaching is more future-oriented; focussing on where you're at now and exploring available resources to move past blocks and find areas of personal growth. Coaches regularly refer clients to other professionals for issues that are better suited to a therapeutic relationship, and it's not uncommon for someone to work with both a coach and a therapist concurrently.

Is coaching like consultation? No, hiring a coach is not the same as hiring a consultant. A consultant will often focus on the nuts and bolts of a situation to assess the best way forward and offer specific advice based on their area of expertise. While a coach may occasionally offer an idea or brainstorm with you, coaching is focussed on guiding you towards and supporting your own resourcefulness. It's very possible to coach someone through a tough situation without knowing any of the details!

What does it cost to hire a coach? Fees for professional coaching vary widely depending on the field, the coach's level of experience, and the region. Because I want to make my coaching accessible to independent creative professionals, freelancers, and other people who juggle a lot on a tight budget, my rates are on a sliding scale of \$10-100 per 40 minute session, depending on your current financial situation. Your coaching fee is an investment that pays big dividends. Here are three things you can do to maximize your investment: (1) Hire the right coach. Find the coach whose specialties best match your needs. If I may not be the right fit for you, please feel free to ask me for a referral as I know a lot of wonderful coaches working in different areas of focus! (2) During your first coaching session, set a 90-day goal that's worth accomplishing. Make sure the goal is something that's worth the coaching fee, something you'd be happy to pay for! (3) Make the most of your coaching time. Tell your coach what results you want and your coach helps you make it happen!

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