

What is coaching?

- Coaching is a partnership between client and coach. Coaching aims to assist clients to create their own solutions, arrive at their own answers and discover options for themselves.
- Coaching helps to identify areas in which to focus one's learning and growth.
- Our coaching program is a developmental process, where people can build on their skills and knowledge. This gives the coaching-client the eventual ability to make their own course adjustments and healthy choices going forward.

How is Coaching different than counseling?

- Counseling tends to have a more uncovering and recovering past focus, while coaching is about discovering and implementing going forward.
- Coaching is not designed to take the place of any therapeutic recommendations made through a counselor, therapist or medical care provider.

Does this really work if we are on the phone?

- Yes. Though it isn't quite like being in a circle at Haven, coaching on the phone or on Skype can still involve body-focused work as well as feedback and engaged dialogue.
- Each of the coaching practitioners has done their own phone coaching and expressed ease and comfort doing their own breath and body-focused work as needed.

Why does this cost so much?

- Like any learning experience there is an investment that one is willing to make for oneself. We worked to find a reasonable starting price point (referencing other life coaching rates) for the pilot program. We realize for some this fee may not work; however, until the Haven coaching program is established we won't be able to make cost adjustments.
- Coaching is not often covered through insurance; however, many EAP program and employee programs may cover cost. This is totally set up and arranged by the client and payment is expected before or at start of the coaching sessions.

How long do I work with a coach?

- That depends on you and the coach. However, most coaching contracts are for a minimum of three months. That doesn't mean you can't have a one-time session. However, we have found that the most traction occurs with regular sessions over time. People over estimate what they can accomplish in a short time period, but underestimate what they can accomplish over a longer period.

What are the benefits in working with a Haven Coach?

- So often we hear people struggle with how to integrate their Haven experience into their lives, at home and at work. Haven Coaching is one way to solve that dilemma. It is done over the phone right where you are.
- Haven Coaches integrate core Haven concepts and models in their practice to assist fuller integration of your experiential learning into your daily lives, which ultimately increases your return on investment from your Haven experience.