



DREAMNUTRIC™

FREQUENTLY  
ASKED  
QUESTIONS

Answers to common questions  
regarding sessions, communication,  
rescheduling, and cancellations.

# FREQUENTLY ASKED QUESTIONS

Starting a coaching journey often brings up questions about the process, expectations, and logistics. Below are answers to some of the most frequently asked questions, which I hope will provide you with clarity and confidence as you embark on this path. If you have further questions, please feel free to reach out at any time.

## 1. What can I expect from coaching sessions?

Each coaching session is a focused time dedicated to exploring your goals, challenges, and insights. I will guide you with thought-provoking questions, strategies, and exercises that encourage self-reflection and personal growth. Sessions are collaborative and adaptable, allowing us to address whatever is most relevant to you at each meeting.

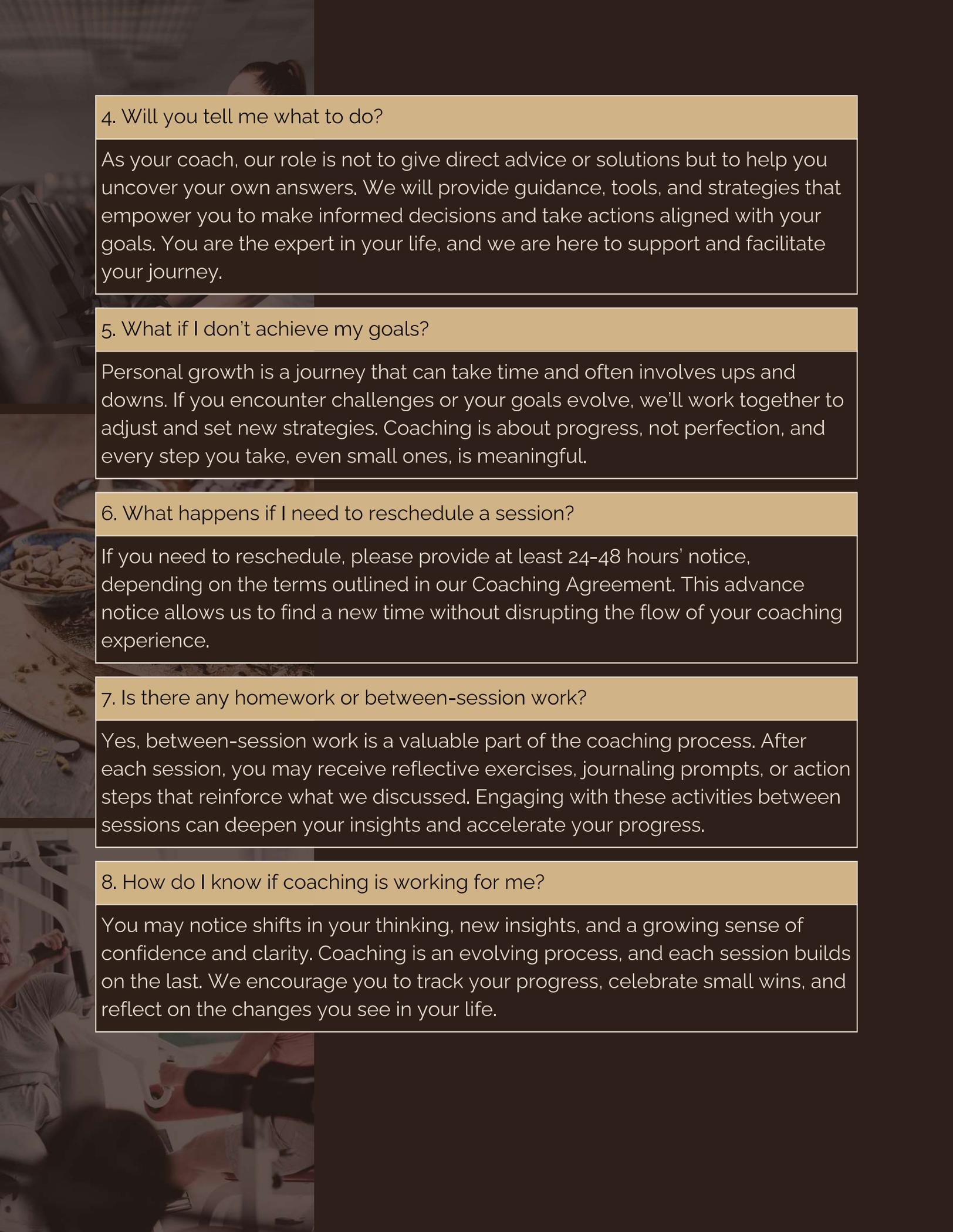
## 2. How often do coaching sessions take place?

Typically, sessions occur weekly or bi-weekly, depending on your coaching package and personal preference. The regularity helps maintain momentum and keeps you progressing steadily toward your goals. We'll establish a schedule that fits your needs and lifestyle during our initial consultation.

## 3. Are our sessions confidential?

Yes, confidentiality is a foundational principle in our coaching relationship. Everything shared in our sessions is private and will not be disclosed without your explicit consent, except where required by law. This confidentiality allows you to explore your thoughts and feelings openly and honestly in a safe space.



4. Will you tell me what to do?

As your coach, our role is not to give direct advice or solutions but to help you uncover your own answers. We will provide guidance, tools, and strategies that empower you to make informed decisions and take actions aligned with your goals. You are the expert in your life, and we are here to support and facilitate your journey.

## 5. What if I don't achieve my goals?

Personal growth is a journey that can take time and often involves ups and downs. If you encounter challenges or your goals evolve, we'll work together to adjust and set new strategies. Coaching is about progress, not perfection, and every step you take, even small ones, is meaningful.

## 6. What happens if I need to reschedule a session?

If you need to reschedule, please provide at least 24-48 hours' notice, depending on the terms outlined in our Coaching Agreement. This advance notice allows us to find a new time without disrupting the flow of your coaching experience.

## 7. Is there any homework or between-session work?

Yes, between-session work is a valuable part of the coaching process. After each session, you may receive reflective exercises, journaling prompts, or action steps that reinforce what we discussed. Engaging with these activities between sessions can deepen your insights and accelerate your progress.

## 8. How do I know if coaching is working for me?

You may notice shifts in your thinking, new insights, and a growing sense of confidence and clarity. Coaching is an evolving process, and each session builds on the last. We encourage you to track your progress, celebrate small wins, and reflect on the changes you see in your life.

9. Can I contact you between sessions?

Yes, you are welcome to reach out via email if you have questions or updates between sessions. We are here to support you, and staying in touch between sessions can help maintain momentum. Just remember that more extensive discussions are best saved for our scheduled sessions.

10. What should I do if I feel stuck or unsure about something?

Feeling stuck is a natural part of the growth process, and it's something we can work through together. Bring any doubts or uncertainties to our sessions, and we'll explore them with compassion and curiosity. Addressing these moments openly can lead to powerful breakthroughs and deeper self-understanding.

## Moving Forward with Confidence

We hope these answers provide clarity and reassurance as you embark on your coaching journey. This process is one of self-discovery, growth, and meaningful change, and we are here to support you every step of the way. Remember, your journey is unique, and so is our approach—coaching is about finding what works best for you and aligning our sessions with your evolving needs.

If you have any further questions, or if there's something specific you'd like to address, please feel free to reach out to us. There is no question too small or concern too insignificant - open communication is key to a successful coaching experience.

I look forward to working together, helping you uncover insights, overcome challenges, and take powerful steps toward the life you envision. Let's make this a transformative and rewarding experience, one that empowers you to reach new heights in both your personal and professional life.

