

Frequently Asked Questions about Life Coaching:

What is a professional certified life coach?

A professional certified life coach has been trained and certified in life coaching, leadership, and also has a call on one's life to coach. Darlene received her training through a double-board-certified school of Christian Coach Education for Strategic Equipping of Influencers. Darlene uses a Christian based curriculum. She coaches women through grief-loss and recovery areas. Darlene coaches you to discover, know, and fulfill your God-Given Life Purpose.

How long is the coaching process?

That depends on the coaching package that you choose. The sky is the limit! But you will certainly get a lot out of 10 coaching sessions!

How does coaching happen?

First, you email Darlene to set up an interview appointment. After a free few minutes of coaching you will be given several options of coaching packages. You can choose either coaching in person, skype, or by phone. You can choose the best mode to meet your needs and to fit your budget. Then Darlene and you will set up a time and a coach-client agreement will be emailed to you to verify your coaching package and details.

What can I accomplish?

Again, the sky is the limit! Life coaching will help you remove any blocks that maybe preventing or hindering you from discovering your purpose as God designed you. Along the pathway, you will learn to do what matters today, heal your past, pursue peace, surrender, wash one another's feet, expect the desires of your heart, and bring glory to God!

Do I have to know exactly what I want to do?

No, this is a spiritual process. There are specific homework assignments that will help you in the discovery process. We have found that these assignments will help you to hear God's voice better, learn to discern His promptings, and trust that He will be there with you if you take the next step.

What is the difference between coaching and counseling?

Counseling is when an individual is hurting, stuck, and needs to explore what is causing the pain. This may require a time to stop, sit, investigate the past, and work through to what is causing the blocks in their current life. It can be a lot of looking back.

If a woman is in counseling or therapy, she still can be coached. The therapist does sign a consent form, but the coach and therapist do not share information.

Darlene has had several coaching clients that are seeing a therapist and yet being coached too. These women really start stepping forward in their life to desiring more clarity and purpose.

Coaching is when a client is ready to step forward. She is ready, even for baby steps. A coach helps a woman get from one place to another through question asking and she then sets up her forward steps to head in that direction.

Do I set my own goals?

Yes and No. Through the coaching process, God helps you to discover your purpose and destiny related to His goals for you and furthering His Kingdom. You will begin to see the steps that are required to attain your vision.

How is a Life Purpose Coach® different from other coaches?

Darlene's coaching is God centered and faith based. She walks along with you on your pathway to purpose. Praying for you, asking you the tough questions, encouraging you, and sharing a little of her own experience and strength with you. She is your accountability partner and coach for the journey to help you know and fulfill God's purpose for your life.