



FAQs

How do we get started?

The first step is to schedule a discovery call. This is a free 90 min coaching conversation and is my gift to you. In that conversation, we will get an idea of how well we work together, what brings you to coaching, what you would like to achieve, and what our next steps will look like.

What is my commitment?

My coaching packages are six months in length. This includes twelve 75 minute sessions, worksheets, handouts, modalities, and spiritual practices (mutually agreed upon and as I see fit), and in-between session email support.

Coaching is an investment and will require a combination of money, time, and effort put forth. You'll quickly discover that coaching is far more valuable than the money, time, and effort spent. It's an investment in yourself and the life you desire.

What can I expect?

In our sessions, we will work together on things that have come up for you, where you are right now, your progress, and planning our next steps. I like to encompass breath work, meditation and journaling practices into my work, as well as intuitive reading, chakra clearing, reiki, oracle and tarot card reading, and traditional coaching methods. All of these methods are a very important part of the work I do, however, coaching is always client lead, so our focus is always on what's best for you. I want you to always feel that our time together is a confidential, safe, and a judgement free space for you to open up and share whatever is on your mind. I offer email support in-between our sessions. I want you to know and feel that you're always supported and that you can reach out to me anytime.



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How do we connect?

Our discovery call and all sessions are held either via Zoom or by phone. The choice is yours and what you feel most comfortable with. In between sessions, I'm available for support via email to answer any questions or concerns that may arise.

Six months seems like a long time, why six months?

You will be surprised how quickly it goes! I take this process and our relationship very seriously. When journeying into self-discovery, spirituality, and finding alignment, it is both exciting and overwhelming. You're learning to overcome old habits, patterns and limiting beliefs, and chances are these things have been plaguing you for quite some time. There also may be underlying "stuff" that comes up throughout the process. It takes practice and time to effectively learn the tools you need to consistently make overcoming them a habit.

How does coaching differ from therapy?

Coaching doesn't diagnose or treat an illness or ailment, whereas therapy diagnoses illness and can prescribe medications. Therapy focuses on past events and how those events determine today's behaviors. Coaching, however, focuses on where you are currently in your thoughts and behaviors and works forward on the process of changing those things. Both are super beneficial, and at times some clients have a coach and a therapist they are working with simultaneously.



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How long before I start seeing results?

Your results are dependent on how committed you are to the process and your goals. Our main goal is to see progress each week. Within the first month, you should be seeing results, however, everyone is different. I'm here as your support and encourager guiding through the process and will help you achieve your goals more efficiently.

I like you and want to work with you. Can you coach me in any area of life?

Absolutely! I can help in any area of your life you would specifically like coaching on.

How do I pay?

Payment for coaching is offered two ways, you can either pay in full, or choose a payment plan of 6 auto payments. All are paid through PayPal, Stripe (auto pay), or Venmo. Payment for reiki is always due at the time of the booking.

What happens in a session?

When you come to a session, an intention for the session is set (i.e. What are you seeking to address?). You'll then lie down face-up on a warm massage table, fully clothed, shoes off, and I'll turn on some soothing music and place an eye pillow over your eyes. You relax and let everything go, go to sleep, meditate if you want, but there's nothing else for you to do, just leave the rest up to me.



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What if it doesn't work?

Reiki always goes where it's needed. It targets the source of the issue, not the symptom. So, if someone is experiencing back pain, for example, the underlying cause may be due to anger, stress, or fear. It could also be due to sciatica, prostate issues, kidney stones, or from the colon. The energy would then go toward healing the root cause.

Can Reiki hurt me?

Reiki could never do harm to anyone. You could never have too much Reiki and the practitioner could never pass anything along to you. The practitioner is merely the funnel and not the one doing the healing, so the ego is removed from the equation.

What does Reiki feel like?

Everyone experiences Reiki differently. Some experiences you may have include; a warm feeling all over, feelings of peace and calm, you may see colors floating in your vision, you may feel total relaxation, and most of my clients fall asleep in session.

Is Reiki like a massage?

I always like to tell people that Reiki is like a massage for your spirit or emotions, but it's not an actual massage. Even though it involves the laying on of hands at various points of the body, there's no physical manipulation of the body during Reiki.



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Is Reiki "New Age"

While Reiki itself was founded in the early 20th century, hands-on energy healing techniques have been used for centuries under many different names.

Does Reiki conflict with religion?

Reiki is spiritual in nature and can deepen your own belief and understanding, but it isn't a religion. It has no dogma, so there isn't anything you have to believe for it to work. It doesn't conflict with any religious practice and there are practitioners of various religious beliefs all over the world.

What do I wear?

This is a judgement free zone. Dress comfortably. You'll want to be totally relaxed, so come in those sweats or yoga pants! T-shirts, sweatshirts, tank tops are all totally acceptable. You'll be lying down, so make note of that when fixing (or not) your hair.