

P Frequently Asked Questions

Why should I do coaching?

The objective of our work together is to help you create your own version of a fulfilling life.

Jess will help you to understand your values and strengths and you'll get insights to clarify your direction in life. You'll be more disciplined to develop better habits and be more purposeful in what you choose to do.

How much time do I need?

We begin with a single 60-minute session. For some people, a single session is enough while others engage in a longer-term coaching program or book follow-up sessions as they need them. It's flexible and you are not locked into a contract.

How often will we meet?

With all new clients, Jess will meet for a 15-minute "chemistry" call to ensure that we're a good fit for one another.

Sometimes a single session will be enough for you to clarify your direction or get clear about your values but more often than not, the first session will only scrape the surface of unlocking your potential.

Generally, Jess meets with clients on a 2–3-week basis for up to three months and then monthly or quarterly sessions are optional, if required.

How is coaching different to counselling?

Think of counselling as the trail of your tears and coaching as the trail of your dreams.

Coaching focuses on helping you understand yourself so you can move from where you are now to where you want to be. It's more a forward focused conversation.

What type of coaching is right for me?

Peoples Perspective offers coaching programs that are customised to individuals and can include a range of personal and professional growth topics. Common focus areas include:

- finding purpose and direction in work and life
- strengthening self-confidence
- focus on well-being
- improve interpersonal or communication skills

Should I do virtual or face to face coaching?

Either option is available if based in Brisbane and from experience, virtual coaching can be really beneficial as there are fewer distractions and it's very personal.