



FAQs

Who is coaching for?

Anyone who desires to live their best life and just needs a little encouragement or motivation

What is the difference between Coaching and Counseling?

Counseling aims to fix a problem stemming from one's past. Life coaching is forward-focused and helps clients look at where they are, where they want to be, and how to make that happen.

If I have a therapist do I need a life coach?

Since the two are quite different, it is common for an individual to work with both a therapist in formal counseling while also working with a life coach.

What is ACEs training and who is it for?

ACES is short for Adverse Childhood Experiences. These are a variety of events that occur in a child's life between birth and 18 years of age that, without intervention and positive support, will have an adverse impact on the lives of young children. ACEs can contribute to poor health outcomes later in life. Anyone and everyone can benefit from ACEs knowledge.

Feel free to contact us at hello@thevoiceofnewbeginnings.com