
FREQUENTLY ASKED QUESTIONS





HELLO & WELCOME!

Thank you so much In your Interest!

I'm Jen, your Certified Life Coach and the founder of KINDfulness Coaching. My mission is to empower professional women like yourself to effectively manage stress, overcome overwhelm, and conquer anxiety, paving the way for a happier, more balanced life.

With 17 year background as a Licensed Social Worker in New York State, I have honed my skills in both the medical and mental health arenas. This diverse experience equips me with a unique and valuable perspective that I bring to my coaching practice.

My dedication to helping others has translated Into awards In Excellence In Social Work and featured presentations and published articles. I am proud to contribute to mental health education initiatives through impactful partnerships with organizations like the American Foundation for Suicide Prevention and County Task Forces In Suicide Prevention.

I am excited about the opportunity to connect with you, share more about my journey, and explore how I can support you on your path to personal and professional fulfillment. Let's embark on this transformative journey together!

www.kindfulnesscoaching.com

FAQS

01

What kinds of clients do you work with?

I specialize in partnering with dynamic and dedicated women who have reached a point where they are eager to break free from the endless juggling act and truly prioritize themselves. My focus is on supporting motivated women who embrace change, ready to shed old patterns, and commit to showing up for themselves in unprecedented ways.

02

How are you different from other life coaches?

As a social worker with a focus on mental health, I excel at listening and asking the tough questions. My unique approach involves being your cheerleader, mentor, and providing valuable feedback. Each program is customized to your desires, putting you in control of your transformation—I'm here for the journey!

03

What personalities do you work best with?

These coaching programs are designed for individuals ready to transform their mindset and prioritize self-care. Ideal participants are motivated to overcome self-doubt, establish healthy boundaries, and experience more peace and joy in their lives.

04

Who does this program NOT work for?

I seek to work with positive and uplifting women, and I carefully select my clients due to limited coaching slots. The program may not be suitable for those who exhibit constant negativity, skepticism, or struggle with consistency and accountability. If this describes you, I kindly ask that you refrain from scheduling a breakthrough session, as we may not be an ideal fit for each other.

05

What exactly is your system and what does it include?

Together, we explore the 6 W's—What, When, How, Where, Why, and Who. These questions form a powerful formula to uncover the complete story of your thoughts and feelings, impacting the results you see. My program is designed to offer not only these essential steps but also provide a wealth of tips, tricks, and strategies to effortlessly manage your mindset and life on your terms.

06

What results can I expect?

Envision your ideal work/life and make it a reality, connect with your compelling reason for change, declutter emotionally and physically, prioritize your values, set healthy boundaries, and establish a roadmap for success through small steps. Most importantly, take action to bring about the transformation you desire.

07

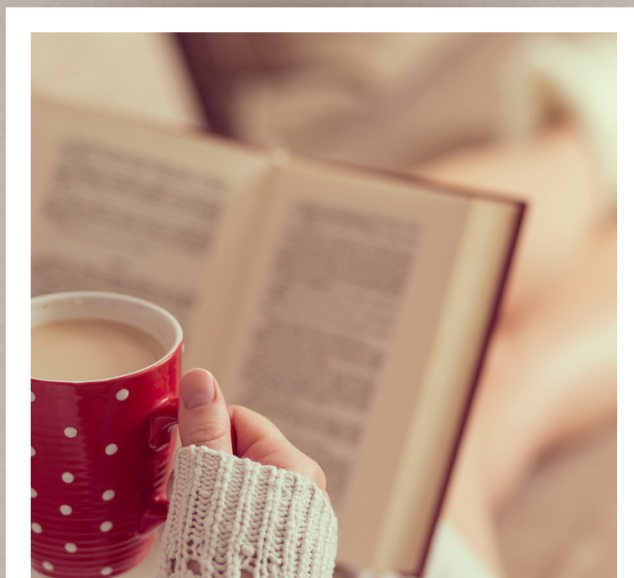
How can I guarantee myself that I will succeed?

Past failures often result from a lack of proper support, system, or accountability. In my program, you receive all these essentials. The significant investment ensures your commitment and provides the necessary accountability for consistent progress as you discover what truly works for you.

08

Will I recover the investment I put into this program?

Consider the total cost of all your past attempts to enhance your life. If nothing changes, how much more would you spend in the coming years searching for a solution? For many clients, the answer is significant. Take a moment to ask yourself, "What is a new relationship with myself worth?" The knowledge, skills, and personal transformation gained will have a lasting impact, positively shaping various aspects of your life forever.



WHAT'S NEXT



Step 1

Book A Discovery Call

During this call, I will answer any questions that you have and develop a plan with you that works for you!



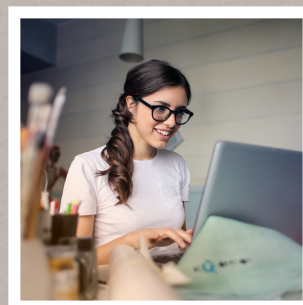
Step 2

We create a day and time that works with your schedule and begin to develop your roadmap to success.



Step 3

We work together to execute and determine what works and what's not and make small changes toward our big goal!



Tackling all the above is a lot on our own and often overwhelming to the point that it is easier to stay where we are. Coaching is a process that is facilitated in a specific way so you can be different, without having to think about being different. The first step is raising awareness about what we really desire for ourselves and our lives.