

LEAD WITH POWER. LIVE WITH PURPOSE.

Frequently Asked Questions

Explore coaching, Energy Tracks, scheduling, payments, and working with Big Boss Energy.

Choose a question

- | | |
|--|---|
| 01 What is Executive Life Coaching? | 12 What If I'm Not a Woman? Can BBE Still Help Me? |
| 02 What are the top 5 reasons someone looks for an executive life coach? | 13 Why choose a BBE Energy Track? |
| 03 How often do I need to meet with my life coach? | 14 When is Payment Due? |
| 04 What can I expect during my free 15-minute discovery call? | 15 Individually scheduled session payments and additional calls or session rates? |
| 05 After choosing my BBE Energy Track, what can I expect during my Welcome Call? | 16 Can I buy a package for someone else? |
| 06 How do I prepare for a coaching session? | 17 Are packages refundable? |
| 07 What is a coaching agreement? | 18 I'm Interested in BBE Coaching for My Organization. How Does It Work? |
| 08 When should I start seeing results? | 19 What is the difference between a mentor and a life coach? |
| 09 Do you offer in-person coaching sessions? | 20 What is the difference between life coaching and therapy? |
| 10 What happens after I buy a package? | 21 Can I have a life coach if I am going to therapy? |
| 11 Are sessions confidential? | 22 Big Boss Energy Disclaimer |

01. What is Executive Life Coaching?

Executive Life Coaching at Big Boss Energy is about supporting the whole person behind the professional role. Your career, leadership responsibilities, relationships, wellness, confidence, personal goals, and life outside of work are all connected and each requires your energy.

At the heart of BBE coaching is intentional self-reflection and self-awareness. Through meaningful conversation, thought-provoking questions, and purposeful reflection, you'll have the opportunity to better understand your strengths, values, patterns, priorities, and what may be influencing the choices you make.

BBE provides a confidential and supportive space to gain clarity, explore challenges, identify what may be holding you back, and turn greater self-awareness into intentional goals and action. Rather than telling you what to do, coaching helps you discover your own answers, make decisions with greater intention, and create accountability for moving forward.

Whether you are an executive, entrepreneur, emerging leader, navigating a career or life transition, or simply ready for personal growth, BBE meets you where you are and helps you intentionally create the energy you need for where you want to go.

[↑ Back to questions](#)

02. What are the top 5 reasons someone looks for an executive life coach?

- **Leadership Confidence and Decision-Making** Many leaders seek an executive life coach because they are responsible for making high-level decisions under pressure. Coaching helps strengthen confidence, reduce self-doubt, improve communication, and develop the mindset needed to lead effectively and intentionally.
- **Work-Life Balance and Burnout Prevention** Executives and aspiring leaders often struggle with balancing career demands, personal responsibilities, relationships, and self-care. Coaching provides support in creating healthier boundaries, managing stress, prioritizing wellness, and preventing burnout while still achieving professional success.
- **Career Growth, Transitions, and Goal Setting** People often seek coaching when preparing for promotions, changing careers, stepping into leadership roles, starting businesses, or navigating major life transitions. Coaching helps create clarity, direction, and actionable strategies to move confidently toward personal and professional goals.
- **Overcoming Imposter Syndrome and Self-Doubt** High-achieving individuals frequently experience imposter syndrome, fear of failure, perfectionism, or feelings of not being “good enough.” Executive life coaching helps individuals recognize their strengths, own their accomplishments, build self-awareness, and lead with confidence instead of fear.

- **Personal Development and Emotional Intelligence** Strong leadership requires more than technical skill. Many people seek coaching to improve emotional intelligence, communication, conflict resolution, accountability, resilience, and relationship-building skills. Coaching helps leaders become more self-aware, intentional, and effective in both their professional and personal lives.

[↑ Back to questions](#)

03. How often do I need to meet with my life coach?

The frequency of your coaching sessions is based on your individual goals, needs, and schedule. Some clients benefit from meeting weekly, while others prefer bi-weekly or monthly sessions. BBE offers a variety of Energy Tracks, typically ranging from 8 to 18 sessions. The number of sessions is determined by the track you select, unless you create your own track.

Depending on your selected track and scheduling preferences, your coaching journey may extend over approximately 3, 6, or 9 months. While scheduling is flexible, BBE strongly recommends a minimum commitment of three months.

Coaching is more than attending sessions; it is an investment in your personal growth and a commitment to meaningful, long-term change. Intentional self-reflection, increased self-awareness, developing new habits, implementing action steps, and creating sustainable change all take time.

You are not just committing to coaching; you are committing to and investing in yourself, your growth, and the energy you want to bring to your next level.

[↑ Back to questions](#)

04. What can I expect during my free 15-minute discovery call?

Your FREE 15-minute Energy Discovery Call is a relaxed, no-pressure conversation designed to help us determine whether BBE is the right fit for you.

We'll briefly discuss what brought you to BBE, where you are right now, what you would like to accomplish, and the type of support you're looking for. You'll also have an opportunity to ask questions and learn more about BBE's coaching, mentoring, and Energy Track options.

If BBE feels like the right fit, we'll discuss possible next steps. There is no obligation to purchase or decide during the call.

Think of it as 15 minutes to connect, explore the possibilities, and discover what kind of energy your next level may require.

[↑ Back to questions](#)

05. After choosing my BBE Energy Track, what can I expect during my Welcome Call?

Your Welcome Call is a chance for us to connect, get to know each other, and make sure you feel confident and excited about getting started with Big Boss Energy.

Once you submit your Welcome Call request, please allow up to 48 hours for BBE to respond. You will then receive an email or text message confirming the date and time of your Welcome Call.

During the call, we'll review your chosen Energy Track, discuss your goals and what you hope to gain from your coaching experience, and determine the pace that works best for you—weekly or every other week. We'll also decide whether your sessions will be virtual or in person (in-person sessions are available in New Jersey only) and review payment and scheduling details.

Most importantly, we'll spend a little time getting to know each other so you can ask questions, learn what to expect from our sessions, and feel comfortable as we begin working together.

Your Welcome Call is where we set the foundation, establish your pace, and get the energy flowing for what comes next.

[↑ Back to questions](#)

06. How do I prepare for a coaching session?

There's no need to have everything figured out before your session; that's part of the process! Come prepared to be open, honest, and engaged in the conversation.

Before each session, take a few moments to reflect on what has happened since we last met, any progress or challenges you've experienced, and what you would like to focus on during our time together. You may also want to bring notes, questions, or updates related to your goals or action steps.

Most importantly, show up as you are and with the energy you have that day. Your session is your space, and together we'll determine the intention, focus, and next steps that will be most meaningful to you.

You bring the willingness. We'll work on the energy together.

[↑ Back to questions](#)

07. What is a coaching agreement?

A Coaching Agreement is a document that helps establish a clear and supportive relationship between you and your coach. It outlines important information about the coaching process, including roles and responsibilities, expectations, confidentiality, scheduling, communication, cancellations, payment policies, and professional boundaries.

The agreement also helps ensure that you understand what coaching is and what it is not; including that coaching is not therapy or a substitute for mental health or medical treatment.

It is also not a process of which the answers will be given. What's the fun in that? You probably have enough people in your life telling you what to do.

Instead, a coaching session is a safe space involving many questions to disrupt your typical thought process and bring about thought change. Ultimately, it will support you in finding the answers within yourself.

You'll have the opportunity to review the agreement and ask questions before coaching begins. Once signed, it provides a shared understanding of how we'll work together throughout your BBE experience.

Clear expectations create the foundation for a powerful coaching partnership.

[↑ Back to questions](#)

08. When should I start seeing results?

Coaching is a collaborative process. Your coach will provide guidance, structure, tools, and support based on the BBE coaching model; however, meaningful change depends on your active participation and commitment. You are responsible for the decisions you make, the actions you take, and following through on the goals and action plans developed throughout the coaching process.

Personal and professional growth takes time. To provide an appropriate opportunity for reflection, implementation, and meaningful progress, BBE recommends a minimum coaching commitment of three months. Consistent participation and follow-through will help you gain the greatest value from your coaching experience.

[↑ Back to questions](#)

09. Do you offer in-person coaching sessions?

Yes, I offer both in-person (only in New Jersey) and virtual coaching sessions worldwide (USA-EST) to accommodate the needs and preferences of my clients.

[↑ Back to questions](#)

10. What happens after I buy a package?

Once you purchase your BBE Energy Track, the next step is your Welcome Call!

If you purchase your track online, you'll be able to schedule your Welcome Call once your payment has been received. If you purchase your track in person and your Welcome Call is not scheduled at the time of

purchase, BBE will contact you within 72 hours to schedule it.

Your Welcome Call gives us an opportunity to get to know one another and prepare for your coaching experience. We'll review your selected Energy Track, discuss your goals and preferred timeline, talk through scheduling, and determine whether you prefer virtual sessions or in-person sessions (New Jersey only).

You'll also receive your Client & Coach Agreement, which outlines the roles, rights, responsibilities, and expectations of the coaching relationship. Before we wrap up, we'll schedule your first full 60-minute coaching session.

Then, it's time to bring the energy and get started!

[↑ Back to questions](#)

11. Are sessions confidential?

Yes! All sessions are professional and bound to an ethical life coaching relationship. Sessions are treated as confidential and conducted with trust, respect, and a priority on client privacy.

BBE respects your privacy and maintains the confidentiality of information shared during coaching sessions. Confidential information will not be disclosed without your consent, except when disclosure is required by law, including circumstances involving an imminent risk of serious harm (to self or others) or other legally mandated reporting obligations.

[↑ Back to questions](#)

12. What If I'm Not a Woman? Can BBE Still Help Me?

Absolutely! While BBE is primarily geared toward empowering and supporting women, you do not have to be a woman to benefit from BBE. Many of the challenges addressed through coaching, such as leadership, career growth, confidence, life transitions, wellness, work-life balance, and personal development—are not gender-specific.

We'll focus on you, your goals, your challenges, and the energy you need to move forward. Together, we can determine which BBE coaching option or customized Energy Track best fits where you are and where you want to go.

Because everyone has a next level—and every next level requires a different kind of energy.

[↑ Back to questions](#)

13. Why choose a BBE Energy Track?

Purchasing a life coaching package with BBE is an investment in yourself, your growth, and the future you want to create. Real transformation does not happen overnight. Lasting change takes consistency, intentional effort, accountability, and support. A coaching package allows us to build a strong foundation together, work through challenges in real time, develop meaningful goals, and create sustainable strategies that lead to long-term success instead of temporary motivation.

At Big Boss Energy, coaching is not just about conversations. It is about helping you shift your mindset, strengthen your confidence, improve decision-making, and create intentional action in both your personal and professional life. Investing in a package gives you the time, structure, guidance, and accountability needed to fully commit to your growth journey. Just as success in leadership, wellness, business, or personal development requires dedication and consistency, coaching works best when there is ongoing support and intentional progress over time.

The greatest investment you can make is in yourself because when you grow, every area of your life has the opportunity to grow with you.

[↑ Back to questions](#)

14. When is Payment Due?

Payment for your selected BBE Energy Track or coaching service is due in full prior to your first scheduled session.

Big Boss Energy, LLC accepts the following forms of payment: Venmo, Zelle, PayPal, cash, and check.

Payment arrangements and instructions will be reviewed during your Welcome Call. Your payment must be received before your first coaching session in order to begin your Energy Track.

Once payment is received, you're officially ready to bring the energy and get started!

[↑ Back to questions](#)

15. Individually scheduled session payments and additional calls or session rates?

Regular coaching sessions will be scheduled at a mutually agreed-upon date and time between the Coach and Client. Each coaching session will last approximately 60 minutes. Individual coaching sessions and Energy Evaluation Sessions are \$275 per session. BBE Energy Tracks are offered at a reduced rate of \$250 per session when purchased as part of a coaching track.

Additional Calls: Unscheduled calls or sessions will be billed at the regular rate after a grace period of 15 minutes.

[↑ Back to questions](#)

16. Can I buy a package for someone else?

Absolutely. Coaching packages can be purchased as a thoughtful and meaningful gift for someone you care about. Whether it is for a spouse, friend, family member, colleague, graduate, entrepreneur, executive leader, or someone navigating a major life transition, gifting life coaching can be a powerful way to show support, encouragement, and belief in their potential.

Sometimes the greatest gift you can give someone is the opportunity to invest in themselves!

Should you need a gift certificate just email bigbossenergylife@gmail.com.

[↑ Back to questions](#)

17. Are packages refundable?

BBE understands circumstances can change. Refund requests will be considered on a case-by-case basis and are not guaranteed. If a refund is approved, it will apply only to prepaid services that have not yet been used or provided. Services already completed, including coaching sessions, consultations, or other services rendered, are non-refundable.

To provide flexibility, clients have up to one year from the date of purchase to use their prepaid coaching sessions, allowing time to pause and resume services when needed.

BBE encourages clients to carefully consider their coaching commitment before purchasing a package and welcomes questions prior to enrollment to help ensure the selected service is the right fit.

[↑ Back to questions](#)

18. I'm Interested in BBE Coaching for My Organization. How Does It Work?

BBE offers customized organizational coaching designed around the unique needs of your organization and its people. Coaching can be provided for one employee, a select group or department, your leadership team, or your entire workforce. Sessions may be conducted individually, in groups, or through a combination of both.

We'll begin with a consultation to understand your organization, identify areas of focus, and determine the type of coaching support that would be most beneficial. Areas may include leadership development,

communication, staff empowerment, confidence, workplace wellness, professional growth, team dynamics, navigating change, and strengthening organizational culture.

From there, BBE will develop a customized coaching approach, including recommended session structure, frequency, timeline, and pricing based on your organization's goals and needs.

Whether you're investing in one employee or your entire organization, BBE helps your people discover the energy they need to grow, lead, and succeed.

[↑ Back to questions](#)

19. What is the difference between a mentor and a life coach?

Mentor	Life Coach
Shares personal experience and expertise	Draws out the client's own insights
Often gives advice and recommendations	Uses questions, reflection, and coaching tools
Usually has experience in the area being discussed	May not have to have lived the same experience
May say, "Here's what I would do."	May ask, "What feels right for you?"
Often career/industry/skill focused	Can address career, confidence, wellness, transitions, relationships, balance, and personal goals
Relationships may be informal and open-ended	Usually has defined goals, sessions, and accountability

[↑ Back to questions](#)

20. What is the difference between life coaching and therapy?

Therapy and life coaching both support personal growth, but they serve different purposes.

Therapy focuses on mental health, emotional healing, and treating issues such as anxiety, depression, trauma, or grief through licensed clinical support. Life coaching is more future-focused and helps individuals set goals, build motivation, improve confidence, and create positive life changes. While therapists help people heal and cope, coaches help people move forward and achieve personal or professional goals.

[↑ Back to questions](#)

21. Can I have a life coach if I am going to therapy?

Yes, absolutely. Many people work with both a therapist and a life coach at the same time because the two can complement each other well. A therapist can help process emotions, manage mental health concerns, and support healing from past experiences, while a life coach can help with goal setting, motivation, confidence, routines, and personal or professional growth. When appropriate, a life coach can also work in conjunction with a person's therapist (with written consent) to help reinforce goals while staying within their non-clinical role.

[↑ Back to questions](#)

22. Big Boss Energy Disclaimer

Big Boss Energy (BBE) provides coaching focused on personal growth, wellness, leadership, goal setting, and accountability. Coaching is not therapy, counseling, mental health treatment, or medical care and does not replace services provided by licensed professionals. BBE does not diagnose or treat mental health conditions. Clients needing clinical or medical support are encouraged to seek an appropriately licensed professional.

[↑ Back to questions](#)
