

Coaching FAQs

What is ME Wellness Coaching?

ME Wellness Coaching is structured support for non-clinical life challenges.

Sometimes you know what you're dealing with, but you don't know how to move through it.

Coaching gives you a place to talk openly about what's happening, sort through your thoughts, identify what matters most, and work toward your next steps.

You don't need to have a specific goal figured out before you begin.

How is coaching different from therapy?

Coaching and therapy can both involve talking, reflection, and support, but they serve different purposes.

Therapy is a form of clinical mental health care. It may address mental health conditions, emotional disorders, trauma, or other concerns that require clinical treatment.

Coaching focuses on non-clinical challenges and helping you move forward from where you are now.

At ME Wellness, coaching may focus on things like:

- Adjusting to an empty nest
- Navigating caregiving
- Moving through a major life change
- Adjusting to retirement
- Coping with changes in your role or identity
- Finding your footing after a difficult experience
- Making decisions when you're feeling overwhelmed

If therapy is what you need, coaching isn't the right substitute—and that's okay.

What if I'm not sure whether I need coaching or therapy?

You don't have to figure that out alone.

If you're dealing with a difficult life circumstance and looking for support, coaching may be appropriate.

If you're experiencing symptoms of a mental health condition or feel that you need clinical care, therapy may be more appropriate.

If you're unsure, we can help you determine which type of support makes the most sense.

And if you decide you want to talk with a counselor or therapist, ME Wellness can connect you with trusted therapy resources.

What happens during a coaching session?

There's no script you have to follow.

We'll start with what's happening in your life right now.

You might talk about:

- What's been weighing on you
- What has changed
- What feels difficult
- What you're struggling to decide
- What you wish were different
- What you need help with

From there, we'll work together to identify what would be most helpful.

You won't be given a list of things you "should" be doing.

The goal is to help you find what fits **your situation and your life**.

Do I have to know what I want to work on before coaching begins?

No.

You don't need to arrive with a perfectly defined problem.

Sometimes all you know is:

"Something feels different and I don't know what to do."

That's enough to begin a conversation.

Together, we can figure out what deserves your attention.

Will you tell me what I should do?

No.

Coaching isn't about giving you a list of instructions or telling you how to live your life.

I'll ask questions, offer perspective, introduce tools, and help you look at your situation from different angles.

You'll make your own decisions.

The goal is to help you become more confident in making them.

What is the S.U.R.E. Roadmap?

The S.U.R.E. Roadmap is the four-session structure used in ME Wellness Coaching.

S — Stabilize

Create some space and identify what matters most right now.

U — Understand

Look at the patterns, beliefs, and circumstances affecting the situation.

R — Practice

Explore and apply tools that fit your life.

E — Integrate

Build confidence and a plan you can carry forward.

The structure gives coaching a beginning, middle, and end rather than creating an open-ended commitment.

Why four sessions?

Sometimes one conversation isn't enough to really work through something.

But open-ended coaching isn't always necessary either.

Four sessions provide enough time to understand what's happening, try something different, see what works, and make adjustments.

The goal is not to keep you in coaching indefinitely.

The goal is to help you feel more capable of moving forward on your own.

What if I need more than four sessions?

The four-session S.U.R.E. Roadmap is designed to give you a focused period of support.

If, after completing it, you feel additional coaching would be helpful, we can discuss what makes sense.

There is no expectation that you continue.

Is coaching confidential?

Yes. Coaching conversations are treated as private and handled professionally.

However, coaching is not the same as clinical mental health treatment, and it does not have all of the same legal protections or requirements as therapy.

Can coaching help me with grief?

Coaching can support you through many **non-clinical aspects of grief and life change**, such as adjusting to a changed routine, navigating decisions, rebuilding structure, or finding ways to move forward.

However, grief can sometimes involve significant mental health concerns that require clinical support.

If that's what you're experiencing, therapy may be the more appropriate choice.

Can coaching help if I'm overwhelmed?

Yes—if the overwhelm is connected to a non-clinical life challenge.

For example, you may be overwhelmed by caregiving responsibilities, an empty nest, retirement, a major change, or trying to figure out what comes next.

Coaching can help you slow things down, sort through what's competing for your attention, and identify what deserves your focus.

What if I'm having a really difficult time emotionally?

This is an important distinction.

Coaching isn't designed to diagnose or treat mental health conditions.

If you're experiencing significant depression, anxiety, trauma-related symptoms, thoughts of harming yourself, or another mental health concern, please seek appropriate clinical care.

If you're thinking, "I want to talk with a counselor or therapist," that's a valid next step.

[Explore Therapy Resources]

Is coaching right for me?

Coaching may be a good fit if:

- Something in your life has changed.
- You're having trouble adjusting.
- You feel stuck or overwhelmed.
- You want someone to help you sort through your thoughts.
- You want support making decisions.
- You want to develop strategies for moving forward.
- You're looking for structured support rather than ongoing therapy.

You don't have to know exactly what you need before you reach out.

Still wondering if coaching is right for you?

You don't have to decide based on a list of questions.

If you're facing a difficult life change and want someone to help you work through it, we can start there.

[\[Schedule Coaching\]](#)

Or, if you're thinking:

"I want to talk with a counselor or therapist."

That's okay, too.

[\[Find Therapy Support\]](#)