



## PRIVATE COACHING FAQ

### What is Life Coaching?

Life coaching is an exploration that challenges you to recognize where you are now and to find out what you really want out of your life and career. Your coach helps you to expand an awareness of yourself, to discover new perspectives, and find new clarity and a deeper understanding of what has been stopping you from getting where you want to go. Your coach then partners with you to create powerful new ideas, guiding you through solid, do-able planning and goal setting, with the resources—internally and externally—that will make your vision come to life.

### Who would coach me?



Justina Vail, PCC CHt is owner and primary coach at Actors Life Coaching (ALC). Justina works with actors at all levels of career, from beginners to established actors and celebrities.

At Actors Life Coaching you and Justina will go deeper than career coaching or marketing training. You get to the bones of the matter. Where are you? What do you really want? What has been stopping you? How will you get there?

You become more powerful, inspired, and successful — from the inside out.

### What qualifications does Justina have?

Justina Vail is an International Coach Federation (ICF) Professional Certified Coach, a certified Professional Life Coach, and a certified executive coach. She is also a certified hypnotherapist, Grief Recovery Specialist®, certified Master NLP (Neuro-Linguistic Programming) Practitioner, and is trained in energy psychology and regression therapy.

How do the coaching sessions happen?



With our dynamic, changing world most one-on-one life coaching is done on the phone and via Skype. Justina's actor clients live and work all over the world and with today's technology she is able to support them wherever they are.

How long do I have coaching for?

The initial engagement runs anywhere from 1 to 3 months, depending on how many hours are taken per month. With packages there is a minimum of 2 hours per month. After an initial package, our work together can be ongoing or taken whenever desired.

My style of coaching often brings powerful change and creates results very quickly. At the same time, many clients love the support and continued growth that ongoing coaching brings.

How long is each session?

Normally the sessions run between 60 and 120 minutes depending on the package you choose.

With life, career, relationship and grief recovery coaching we start with 60-minute sessions during the initial package. If coaching continues beyond that you can choose between 30, 60 and 90 minute sessions.

If you want to include hypnotherapy, NLP and/or energy work I suggest booking sessions that are at least 90-minutes.

How often do we work together?

Most clients choose 2 sessions per month, though some prefer to meet more often. It is up to you.

For most packages there is an initial commitment to at least 6 hours taken within 1 to 3 months, unless otherwise indicated. This commitment means that the change our work brings has a chance to evolve and set in.

Is coaching one-size-fits-all?

No, absolutely not. The work we do together is custom-designed to fit your needs and goals. I work with you as a unique individual with unique needs and a unique experience of life.

Are there any between-session assignments?

This is up to you. Many clients like to have between-session assignments as they serve to maximize effectiveness of the work and provide accountability of action. Assignments can be as action-based as you wish and some people prefer more internal-oriented assignments that create on a deeper personal awareness.

What about confidentiality?

Private coaching is *completely* confidential. Confidentiality is a fundamental part of the agreement when working with any coach through Actors Life Coaching. Nothing you say in coaching will be shared with anyone. The rare exception to this is if your coach is ordered by a court of law to disclose information.

How much do the sessions cost?

The hourly rate for any of my services is \$180 per hour unless you choose a Package (see next page), which have discounted rates.

What about the fee if I want you to travel to me?

If you would like me to travel to your office or home and you are in the Houston or The Woodlands area please add \$50 per session.

What packages do you have?

You can either book a package or work session-by-session. I offer a number of packages to fit your needs and goals.

Please take a look at the packages on the next page:

## Packages

Fees\* \* All fees are subject to change

### TurnAround Package

6 hours over 3 months period.  
Taken in 60, 90 or 120 minute sessions.

Total = US \$1,050  
For travel to your home/office add \$50 per session.

### KickStart Package

6 hours during 6 weeks period.  
Taken in 60, 90 or 120 minute sessions.

Total = US \$1,000  
For travel to your home/office add \$50 per session.

### BreakThrough Package

6 hours within 1 month.  
Taken in 60, 90 or 120 minute sessions.

Total = US \$950  
For travel to your home/office add \$50 per session.

### Slim From Within Package

8 one-hour coaching sessions during a 4-month period. *Total 8 hrs.*

Total = US\$1,400 paid in US \$350 monthly installments for 4 months. Includes weekly assignments and the Slim From Within Handbook. *For travel to your home/office add \$50 per session.*

### Grief Recovery Method<sup>®</sup>

7 one-hour Grief Recovery<sup>®</sup> sessions taken within 3 months.

Total = US \$1,050  
For travel to your home/office add \$50 per session.

Will we have a contract together?

Yes, I will send you an intake, which includes a simple written agreement about the services I provide, the policies in place, and each of our roles and responsibility. You will have a chance to look this over and ask me any questions prior to signing it and making a financial commitment.

How do I pay?

All sessions are paid for by credit card through a secure on-line system. Single sessions and packages are paid for in total upon initial scheduling. The exception is the Slim From Within package, which is paid for monthly.

Please note: We have a 24-hour cancellation policy.

How do I start?

We suggest a 30 minute free consultation prior to any commitment. This allows an opportunity to get clear about needs and desires as well as to establish whether there is a good fit. Please email us at [info@ActorsLifeCoaching.com](mailto:info@ActorsLifeCoaching.com) to set up and schedule your consultation.

When can I start?

You can start coaching as soon as our schedules will allow. Email us to make an appointment: [info@ActorsLifeCoaching.com](mailto:info@ActorsLifeCoaching.com)

We look forward to supporting your success

[www.ActorsLifeCoaching.com](http://www.ActorsLifeCoaching.com)

In the US? Text or scan to your phone for our free newsletters.

<p><b>It's easy to receive our FREE NEWSLETTERS</b></p> <p>Just send your email address by text message:</p> <p>Text <b>HAPPYACTOR</b> to <b>22828</b> to get started.</p>  <p><small>Message and data rates may apply.</small></p>	
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## Have you read Justina Vail's award-winning new book for actors?

### **How to be a Happy Actor in a Challenging Business A Guide to Thriving Through it All**

***"... Some of the best advice I've ever heard on the topic. Happy Actor is a must-read for every actor at any stage in their career."***

Mark Atteberry, award-winning actor, photographer, and co-author of *The Working Actor's Guide to LA*

***"The title says it all ... This book is really needed in our industry!"***

Eric Dawson, Emmy-winning casting director - *American Horror Story*, *The Mentalist*, *Glee*, *Dexter*

***"(Happy Actor is) a breath of fresh air. . . ."***

Anthony Meindl, artistic director of Anthony Meindl's Actor Workshop

***"(Justina Vail is) a fabulous teacher."***

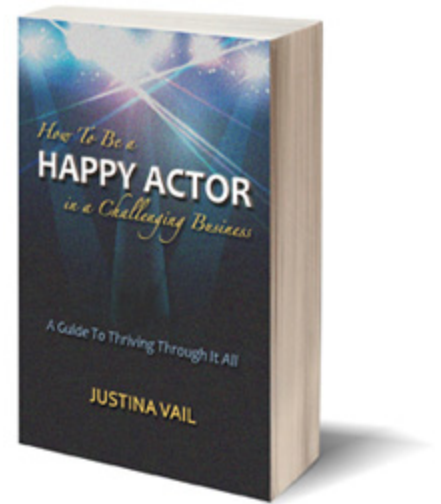
Margie Haber, acting coach and author of *How To Get The Part Without Falling Apart*

***"Justina Vail has articulated some of the best kept secrets of longevity and joy behind all great acting . . . Lessons from a true Master."***

Jeffrey Marcus, actor and acting coach

***"Read this book and fire your therapist!"***

Alex Manette, actor *The Butler*, *We Need To Talk About Kevin*, *Shame*, *2 Days In New York*, *Law & Order* and *The West Wing*.



**Actors all over the world are happier and more successful because of this inspiring book!**

Get it on Paperback and Kindle at

[www.HappyActor.com](http://www.HappyActor.com)