

Frequently Asked Questions (FAQ)

GENERAL QUESTIONS

What is Infinite Care Coaching & Consulting?

Infinite Care Coaching & Consulting provides personalized coaching, education, and consulting services designed to help individuals improve their health, wellness, personal growth, and professional development. We also offer nurse and healthcare business consulting for professionals seeking guidance in building or growing their careers and businesses.

What services do you offer?

Our services include:

- ADHD and Executive Dysfunction Coaching
- Health & Wellness Coaching
- Midlife & Menopause Coaching
- Mindset & Life Coaching
- Chronic Care Education
- Nurse-Led Health Consulting
- Nurse & Business Consulting

Are your services virtual?

Yes. All coaching and consulting sessions are conducted virtually, allowing you to receive support from the comfort of your home or office.

COACHING QUESTIONS

What is coaching?

Coaching is a collaborative process that helps you identify goals, overcome obstacles, create practical strategies, and stay accountable. Coaching focuses on where you are today and where you want to be in the future.

How is coaching different from therapy?

Therapy focuses on diagnosing and treating mental health conditions and processing past experiences. Coaching focuses on personal growth, goal achievement, skill development, and creating actionable plans for the future.

Is coaching right for me?

Coaching may be a good fit if you're ready to make meaningful changes, willing to take action, and looking for guidance, accountability, and support.

What can coaching help with?

Depending on the program, coaching may help with:

- Time management

- Organization
- Executive functioning
- Focus and productivity
- Stress management
- Confidence
- Healthy lifestyle habits
- Life transitions
- Menopause support
- Goal setting
- Motivation
- Accountability

Will you tell me exactly what to do?

No. Coaching is a partnership. I'll provide education, tools, strategies, and guidance, but your success depends on your willingness to apply what you learn and consistently take action.

How often will we meet?

The frequency of sessions depends on the coaching program you choose. We'll discuss the best schedule during your discovery call.

HEALTH COACHING QUESTIONS

Is health coaching medical care?

No. Health coaching is not medical care and does not replace your primary care provider or specialist. Coaching is educational and supportive and is designed to help you better understand your health, build healthy habits, and work toward your wellness goals.

Can you diagnose or prescribe medications through coaching?

No. Coaching services do not include diagnosing medical conditions, prescribing medications, or providing medical treatment.

CONSULTING QUESTIONS

What is nurse consulting?

Nurse consulting provides professional guidance based on years of clinical experience. Services may include healthcare navigation, health education, understanding medical information, appointment preparation, care coordination guidance, and advocacy support.

What is business consulting?

Business consulting provides strategic guidance for nurses, healthcare professionals, coaches, and entrepreneurs who want to start, organize, or grow a business. Topics

may include business planning, service development, workflows, systems, client experience, operations, and business organization.

Do I have to be a nurse to receive business consulting?

No. While many clients are healthcare professionals, business consulting is available to entrepreneurs and service-based professionals seeking guidance in building and organizing their business.

Can you help me start my own coaching or consulting business?

Yes. We can help you develop your business foundation, organize your services, create client workflows, improve operations, and build systems that support long-term growth.

DISCOVERY CALL QUESTIONS

What happens during the discovery call?

The discovery call is an opportunity for us to get to know each other, discuss your goals, answer your questions, and determine whether coaching or consulting is the right fit for your needs.

Is the discovery call free?

Yes. Your initial discovery call is complimentary.

Am I obligated to purchase a program after the call?

No. There is absolutely no obligation. The discovery call is simply a conversation to determine whether we're a good fit to work together.

PAYMENT QUESTIONS

Do you accept insurance?

No. Coaching and consulting services are private-pay and are not covered by health insurance.

What forms of payment do you accept?

We accept major credit and debit cards as well as HSA/FSA cards when applicable.

Do you offer payment plans?

Yes. Payment plan options are available for select coaching programs. Buy Now, Pay Later options may also be available through participating payment providers.

POLICIES

What if I need to reschedule?

We understand that life happens. Please provide advance notice if you need to reschedule. Refer to your coaching agreement for our cancellation and rescheduling policy.

Is my information confidential?

Yes. Your privacy is important to us. Information shared during coaching and consulting sessions is treated confidentially, except where disclosure is required by law or outlined in your service agreement.

What results can I expect?

Every client is unique. Results vary based on your goals, level of commitment, consistency, and willingness to implement the strategies discussed during coaching or consulting sessions. While we provide guidance, education, and accountability, specific outcomes cannot be guaranteed.

Still Have Questions?

We're here to help.

Schedule your complimentary discovery call, and let's discuss your goals, answer your questions, and determine the best path forward.