

Frequently Asked Questions



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What Can A Coach Do For Me?

Think of all the things in your life that you've always wanted to change or improve but have never managed to do on your own. Rebecca, as your coach, is your ally in making those changes and improvements happen as quickly and efficiently as possible, in the way that is most natural to YOU. She creates a nonjudgmental, safe space where you can learn, grow, improve yourself, your work and your relationships. She even makes it safe for you to finally try all of those things you've secretly wanted to be doing all this time, but were afraid to. She can help you find more time and balance in your life, help you create a stronger support system, and help you have more fun so you can laugh and smile more. She can help you build your confidence in those areas where you need it and even help you organize your life and home to facilitate the life you've always wanted, and she can help you find the most support possible as you take on new risks in your life--creative or otherwise.

Wait...But Can't My Friends Or My Therapist Help Me With That?

Of course they can. However, your therapist's job is to help you clear up the emotional blocks and wounds from your past that you keep getting stuck in. A Life Coach is focused on your present, not your past. A Life Coach's job is to focus on your current strengths and strategize with you how to use them to change and improve your life and then hold you accountable so that you actually make the changes you're looking to make.

Friends, can be wonderful supporters and encouragers. Their downfall, when it comes to supporting you, is that they are busy living their own lives too and can't always be in your corner. Sometimes their goals conflict with yours or their opinions about what you "should" do are totally wrong for you and they can, inadvertently, deflate your dreams,

goals, and courage. (Your family can do this too, by the way...). Your coach, on the other hand, is IN YOUR CORNER. That's your coach's job. Whatever YOUR soul is calling for, whatever YOUR intuition is telling you to do or change, whatever would make YOUR heart sing is what your coach wants for you. Your agenda is your coach's agenda, pure and simple. And on the days when you forget what your agenda is, your coach remembers and will keep you accountable to it.

There Are SOOOOO Many Coaches Out There. What Makes Rebecca Different?

What makes Rebecca different is YOUR relationship with HER. It's true, everyone and their brother are calling themselves a coach these days and it's hard not to glaze over when you're faced with yet ANOTHER life coach. However, Rebecca is an acquired taste and you'll know immediately whether you connect with her or not. She's 100% genuine and is 100% dedicated to helping you have the life you want. But she's not for everyone. Yes, she is effervescent, curious, and excited about YOU. Yes, she has experience in the entertainment industry and many years of coaching under her belt. But her delivery style is, at times, irreverent, she swears like a sailor, she let's herself be totally human, and she doesn't sugar coat the truly important things that you need to hear. Some folks don't like that. Her clients, on the other hand, LOVE it. And, if she's for you, you'll love it too.

Are My Coaching Appointments Confidential?

Yes! When you begin working with Rebecca, you will be asked to sign a coaching agreement which details the confidentiality of your sessions. Rebecca would also be happy to sign any confidentiality/non-disclosure agreement that you use with your current staff.

Is There A Way I Can Test Out Coaching With Rebecca To See If I'd Like It?

Yes! The best ways are:

Sign up for a full coaching session with Rebecca. You can purchase your session at www.ShopRebecca.com.

Check out some of Rebecca's e-courses at www.ShopRebecca.com. These are 7-day mini courses delivered to you via email (so you can work on them at your leisure). Each one will give you a taste of the kinds of things you can accomplish working with Rebecca and, through doing them, you will get a sense of Rebecca's coaching style and personality so that you can find out if you'd enjoy working with her.

Email Rebecca's office at Rebecca@RebeccaSoulette.com to request to schedule chat, via phone, with one of Rebecca's current or former clients who would love to tell you about their experience working with her.

Go to www.LifeBeyondCelebrity.com and sign up for Rebecca's weekly e-newsletter which is filled with coaching tools that you can apply to your life on your own, immediately. It's also a great way to keep up with specials and discounts at www.ShopRebecca.com.

Schedule a 10-20 minute Mini Session ("intro session) with Rebecca at www.ScheduleMySession.com.

How Do I Prepare For My Mini Session?

Pick ONE issue you're currently wanting to fix, change, or improve in your life. Write it down here:

What Happens During My Session?

During your session, you will describe your issue to Rebecca and she'll begin asking you a number of questions about it and about you. Answer as genuinely as you possibly can. Through the course of this inquiry you will, most likely, have at least one breakthrough, ah-ha moment, or next step to take to move yourself to where you want to end up with your issue.

What Happens After My Session?

Most people leave their session with ideas to percolate on and steps they want to rush out and take immediately to move on their issue! The important thing to keep in mind is that if you find your session useful, it means that coaching is a great fit for you and you'll want to look into ways to add more coaching with Rebecca into your life, either by subscribing to her free e-newsletter or scheduling further sessions with her to continue the work you began today or to move on to a bigger issue you're facing right now that you would love help and support on. Check out www.RebeccaSoulette.com for more information.

If I Like My Mini Session, How Can I Find Out More?

Easy! Sign up for Rebecca's e-Newsletter, *Latte For The Soul*, and check out www.ShopRebecca.com to see the many different offerings Rebecca has. Or, if you know you want to become one of Rebecca's private clients and are ready to set up your own phone appointments with Rebecca, you may purchase them on www.ShopRebecca.com and schedule them at www.ScheduleMySession.com (Or have your assistant do it for you!)

If I Can't Do A Mini Session Today, Can I Do It Later?

Yes! Your time is precious and coaching works best when it's convenient for YOU! Simply go to

www.ScheduleMySession.com, click on "20-minute intro call" and follow the instructions on the screen.

ScheduleMySession.com is the 24-hour, 365-day per year website dedicated solely for Rebecca's private clients use to schedule their weekly appointments.

I Don't Want To Do A Mini Session. Is There Some Other Way I Can Find Out What It's Like To Work With Rebecca?

Absolutely! The best ways are:

Check out some of Rebecca's e-courses at

www.ShopRebecca.com. These are 7-day mini courses delivered to you via email (so you can work on them at your leisure). Each one will give you a taste of the kinds of things you can accomplish working with Rebecca and, through doing them, you will get a sense of Rebecca's coaching style and personality so that you can find out if you'd enjoy working with her.

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Email Rebecca's office at Rebecca@RebeccaSoulette.com to request to schedule chat, via phone, with one of Rebecca's current or former clients who would love to tell you about their experience working with her.

How much of the coaching is entertainment industry specific?

As much or as little as you need. Rebecca customizes your sessions to YOU. If you're looking for more organizing or being a more disciplined parent, that's what she'll focus on with you. If you've just signed on to complete a new creative project that's scaring the daylights out of you, you and she will focus on that. If the issues you'd like to work on are work-related, that's what you'll spend time on. If the issues are more personal, then that's what you'll focus on. What Rebecca offers is an understanding of what it's like to be in the entertainment industry, coupled with the understanding of what it takes to have a deep and fulfilling life. The topics you focus on will be totally up to you.

What's The Point Behind This "Life Beyond Celebrity" Stuff? Is The Coaching Any Different Than With A Generic Life Coach?

The point of "Life Beyond Celebrity" coaching is to help you LOVE your life, RELISH your relationships and ALL of the things that bring you joy so that you will have the balance, personal power, and deep fulfillment that you are searching for.

If you work in the entertainment industry, you already know that, depending who you're working with and what you're working on, those things can fall to the wayside, and sometimes, aren't present at all (despite the fact that creating "entertainment" for the rest of the world may well be nourishing the souls of everyone enjoying it, just not yours). The industry can be harsh, fickle, and, in many instances, is based on values that you don't hold and on unspoken rules that challenge your integrity every day.

What Rebecca & Life Beyond Celebrity Coaching want for you is for you to be deeply happy no matter what is going on in your life. Whether you're on top of the world or

suddenly lost in the shuffle, winning awards, or looking for your next job, Rebecca's goal is that you be fully connected to YOURSELF and enjoying your life so much that regardless of the outer circumstances of your life, you are loving it.

Non-entertainment oriented coaches can help with this, of course, but most of them have never worked 24+ hour days under threat of getting fired for not giving enough life blood to a project (Rebecca has). Most of them are not artists and don't understand creative people (Rebecca does), and, frankly, many of them think the whole Hollywood "thing" is a train wreck they don't want to go near, other than watching it, like a rubbernecker, on TV.

Rebecca, on the other hand, is motivated by her LOVE of entertainment. She knows all too well that the machine that creates the entertainment she loves can be excruciatingly unkind to people and that spending too much time steeped in the industry can ravage a person's soul. She knows that the industry can be a shallow and lonely place where artists, executives, technicians, and staff can be treated like gods one day and like unappreciated commodities the next. And she knows that many well-meaning people, just trying to navigate it, can lose themselves and their values in favor of power, money, stature, and fame--or simply because they think that's what they're supposed to do because they see others doing it.

Much in the way that people want to "go green" and offset their carbon footprint from the energy they take from the world, Rebecca wants to offset the damage that the entertainment she loves does to the people, like you, who help to create and produce it.

Rebecca firmly believes that if EVERYONE loved their life, had the balance they needed, and the depth of love in their heart that their soul's health required, then the world (and

the entertainment industry) would be a creative force beyond anything any of us have ever dreamed of. So she created Life Beyond Celebrity Coaching to help folks in the entertainment industry (and beyond!) achieve the balance, fulfillment, and happiness that she feels they all deserve.

How Did Rebecca Become A Coach?

Rebecca started her working life in the music industry (ASCAP, Music Video Association, Sony Music Studios). Her original plan was to become a singer and a recording engineer. However, once she realized she needed a more predictable schedule to pursue her music, she started doing regular office work and hired a Life Coach to help her put a band together.

Never having worked with a Coach before, Rebecca was thrilled to find out how having an ally to support her, help her strategize, and hold her accountable made putting her first band together and writing her first CDs worth of songs so much faster and easier than she could have EVER done it alone. Her coach also helped her get a new boyfriend (and get rid of an old one!) and even helped Rebecca start organizing her perpetually messy apartment and keep it clean for the first time in her life.

It was Rebecca's coach who suggested that she look into being a life coach herself (as Rebecca was always complaining about how much she disliked her 9-5 office job). Rebecca didn't want to do it at first, but as she checked out different coach training programs, she realized that it was a career she might actually love. She then started her coach training at Coach U (www.CoachU.com), took courses at the Schools of Coachville (www.Coachville.com), The Relationship Coaching Institute, and hasn't looked back. She is now a graduate of Coach U and is a senior level certified coach with Rhonda

Britten's Fearless Living Institute
(www.FearlessLiving.org).

Rebecca loves helping people enjoy their lives more and helping them hear the call of their souls--it's what she had always wanted to do through her songwriting, but since she began coaching, she's realized that she can do a much more efficient job of it as a coach.