

COACHING INFORMATION SHEET

Your guide to getting started

What is Secular Coaching?

Life coaching is a supportive, goal-focused partnership designed to help you gain clarity, overcome obstacles, and create meaningful change in your life. A life coach works with you to identify your desires for your life, understand what may be holding you back, and develop practical strategies to move forward with confidence.

You're not in therapy, which often focuses on healing the past. You and your coach stay focused on the present and future to help you build awareness, strengthen accountability, and take intentional action toward your personal or professional goals.

At its core, life coaching empowers you to tap into your strengths, make aligned decisions, and create a life that feels more purposeful, fulfilling, and authentic. People use it in many life areas; Running Steps specializes in coaching people who need support to navigate a major life transition, such as death of a loved one, an unexpected career event, or an acquired disability or new health diagnosis.

We use a secular approach to coaching. Secular coaching focuses on personal growth, clarity, and fulfillment without relying on religious or spiritual frameworks. It's designed for individuals who prefer a practical, evidence-based approach to self-improvement and decision-making.

Secular coaching helps you:

- Identify your values, goals, and motivations.
- Build confidence and self-awareness.
- Develop actionable strategies to overcome challenges.
- Create sustainable habits for success and well-being.

Would You Benefit from Secular Coaching?

We decided to embrace Secular Coaching at Running Steps because founder Sarah Levis doesn't believe in God and thought it would be useful for people who felt the same way to have a coaching alternative that respected their desire not to have spiritual principles involved in their coaching process. But that thinking isn't for everyone, and that's okay.

This Coaching May Be a Good Fit If...	This Coaching May Not Be a Good Fit If...
Your life has changed in ways you didn't plan on	You're looking for therapy, diagnosis, or treatment
You feel capable, but also tired or uncertain	You want spiritual guidance or religious training
You're weary of advice that ignores your body or reality	You prefer fast, directive, coaching or firm prescriptions
You want meaning without spirituality or religion	You're seeking motivation through pressure or hype
You're looking for support that's steady rather than upbeat	You want someone else to tell you what to do

During our Zoom sessions, cameras on or off, we take time to:

- Name what's actually happening
- Acknowledge real constraints, without letting them define you
- Clarify what matters now, not what used to previously
- Take small, doable steps that build confidence over time

There's no rushing or pushing. We work at a pace your life can support, and we adjust as needed. You set the boundaries!

More Potential Considerations

If you are considering secular coaching, know that many people we work with are living with disability, chronic illness, burnout, or major identity shifts later in life. Others are simply learning how to live differently than they expected.

You don't need to justify why you're here.

This work values honesty over urgency and adaptation over optimization. If this isn't what you need right now, that doesn't mean you're doing anything wrong. It just means you deserve a different right kind of support - the right kind of support for you! If we think you need a different kind of support, we will let you know.

Getting Started

Ready to unlock your potential? Here's how to get started:

- 1. Schedule a free consultation:** Contact us to discuss your goals and needs.
- 2. Choose a coaching package:** Select the package that best fits your requirements and budget.
- 3. Begin your coaching journey:** Work with us to create a personalized plan and achieve your goals.

Contact us today at sarah@runningsteps.ca to schedule your free consultation and take the first step towards a brighter future!