

FAQ



GENERAL COACHING QUESTIONS

Is MRL a coaching company?

No. We are an endowment company. In other words, we raise funds to create opportunities for individuals who are going through cultural transition, or have experienced massive change, to receive personal coaching from a professional coach or institution of their choice (must be MRL approved).

What is a life coach?

The International Coaching Federation (ICF), defines life coaching as someone “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

As life coaching is primarily an unregulated industry, there are MANY versions of life coaches (both certified and self-taught) offering a plethora of desired outcomes. These outcomes vary significantly in genres such as navigating transitions, career changes, financial planning, strategic goal setting and many different modalities in the realm of spirituality.

How is coaching different from therapy?

The International Coaching Federation (ICF) states that, “although both professions can help you get to a better place than where you began, therapists are trained to treat mental illness or other significant emotional and relational concerns, while coaches seek to help you elevate performance in a specific area.”

Does a coach need to be a content expert?

Sometimes. It depends on the kind of coach you select and your desired result. Most certified coaches are trained in competencies that span all content. For example; active listening, strategic questioning, goal setting, life balance and accountability. In addition, many coaches are certified or qualified in specific interventions and modalities that require them to become content experts in their field.

What is an endowment?

An endowment is a gift. The act of endowing is the giving of a gift. In the case of the MRL Endowment, we raise funds to create an endowment (or scholarship) to grant to those with a very specific need; the gift of life coaching to support them through cultural transition.

Who can qualify for an MRL Endowment?

My Reinvented Life has criteria for those applying for an MRL Endowment:

Coaching

- I have experienced cultural transition as described on the My Reinvented Life, Inc. website.
- I am willing to complete all coaching challenges, do assignments, be on time to scheduled sessions, and communicate in a respectful and accountable manner.
- I take full responsibility for my healing process.

Financial

- As of now, I am in a life situation where I require financial support for life coaching.
- I understand that the transfer of funds will go directly to my life coach.
- If at any time in the agreed-upon coaching process I am unable to continue, I will take personal responsibility to ensure that both my coach and My Reinvented Life, Inc. are made aware within 48 hours.

Medical

- I have NOT been diagnosed with a mental health illness that requires professional medical help.
- I am NOT using mind-altering, unprescribed medications, illegal drugs, or other substances that alter my decision-making abilities.

Who determines acceptance or rejection of endowment awards?

My Reinvented Life has a selection committee focused on reviewing all applications, making appropriate approvals and rejections, and all communication with the applicant.

Is there an age limit for receiving an MRL Endowment?

Awards are granted to all legal adults (minimum of age eighteen). Participants must be old enough to sign legal documents and coaching contracts, indicating that they are at an accountable age to make life altering decisions.

Can someone be awarded more than one MRL Endowment?

Yes. However, second awards will be carefully considered by the MRL Selection Committee. We encourage each participant to use the skills they have acquired through life coaching to create new and ongoing desired outcomes.

How much of the \$2200 endowment goes toward administration costs?

20% of the \$2200 incurred for the MRL Endowment will be allocated to administrative, overhead and special projects funds.

What if my coach's prices and the MRL Endowment award do not match?

Matching pricing is something that will need to be addressed and resolved case by case. If a coach's package exceeds the \$2000 endowment, adjustments of pricing and/or duration will be discussed. A resolution will be found and a contract will ensue. Custom packages can also be created to best fit the needs of the MRL endowment recipient.

How long is the coaching intervention for one endowment?

Duration of a coaching intervention will be discussed and agreed upon with the MRL endowment recipient and their desired coach. Each contract will be customized to that end.

If I don't connect with my coach, can I get out?

At any time during the coaching process, both the coach and the MRL Endowment recipient can choose out of their relationship. This may be due to a medical emergency, natural disaster, lack of rapport, or an issue such as mental health establishing a need for professional intervention. If this decision is made on either end, My Reinvented Life should be notified of the change within 48 hours. Unused funds must be immediately returned to MRL.

Can I receive an endowment if I have been diagnosed with mental illness?

We encourage all mental health cases to be referred to a licensed medical professional. There are a few cases, however, where an MRL Endowment recipient may be seeing both a therapist and a life coach. If an endowment is awarded in specific cases such as this, legal documents would be put in place to serve the recipient and protect the coach as well as MRL.

Who is responsible for finding me a coach if I'm awarded an MRL Endowment?

The responsibility of finding a life coach is in the hands of the recipient. However, we understand that the coaching industry can be daunting to navigate, especially for people new to the industry. In this case, My Reinvented Life has a Coaching Guild of pre-approved coaches in many different genres. MRL will not endorse one coach over another but may consult and offer options with the recipient as needed.

Can MRL assist me in finding a coach or practitioner that fits my needs?

There is a document on the website called Finding Your Coach. It is located as a link on the Endowment page and has information to support you in finding a coach. This document, together with our Coaching Guild, can be great resources for finding a coach that meets your needs. However, in special cases where customizing is critical, a My Reinvented Life representative may be assigned to help.



COACHING GUILD

What is the criteria of becoming a member of the MRL Coaches Guild?

There is a criteria link on the Coaches Guild page of the website that will give a full description of the criteria we look for in our coaches. Here is a summary of competencies and curriculum criteria:

- Master of clear and effective communication
- Conscious questioning and active listening
- Dependable with all sessions and management of time
- Creating safe and sacred spaces for learning whether in person or online
- Flexible to the cultural requests and concerns of the client

As coaching programs, curriculums, or overall ideologies vary considerably, MRL does ask that these few critical topics be addressed within your sessions:

- Visualizing a new future
- Affirmations and self love
- Rescripting limiting beliefs
- Understanding innate temperament, strengths, and vulnerabilities
- Balancing physical, mental and spiritual aspects of life
- Creating a new community of support

What are the responsibilities of members in the MRL Coaches Guild?

All coaches are responsible for their own practice and under contract to behave in a way that is professional and honorable to their client as well as MRL.

In addition to ensuring that each coach meet our criteria for competency and curriculum, we ask that they support My Reinvented Life's core values of:

- We honor the story that shaped us.
- We claim the right to create a new story.
- We tell our story so others may be empowered.

If a coach is invited to join the MRL Coaching Guild, a monthly donation would be appreciated, but not required for membership.

We encourage coaches to attend monthly on-line meetings to share best practices and shift the coaching paradigm from one of scarcity to that of community.

We ask that all coaches support the growth of My Reinvented Life through ongoing awareness and growth opportunities.

How does MRL vet coaches and programs?

My Reinvented Life will research the coach and his/her program as it pertains to MRL's objectives. Be that as it may, even with as much due-diligence as possible, the coach is entirely responsible for their own programs and outcomes.



PODCAST

How do I get my story or idea for a story submitted to the podcast?

Please email your inquiry to info@myreinventedlife.org. Add as much information about yourself and your story as possible and an MRL representative will be in contact.

How can I access past interviews and podcast content?

At this time, there is not a catalog of podcasts.



SPONSORS

What are your sponsor definitions?

1. BLUE: Company or Personal monthly donation with all monies allocated to individual endowments (\$2200 per)
2. GREEN: Monthly donation to be used for any MRL non-profit obligations, such as administration payroll, overhead costs, marketing, events, etc.
3. ORANGE: In-kind donation of services such as coaching, workshop facilitation, products, bulk volunteering, promotion, video editing, etc.



THE FOUNDER

Will Deb Dowdle speak at my event?

To request Deb Dowdle become a speaker at your event, please send inquiries with your event objectives to info@myreinventedlife.org or inquire through www.leavingtheyard.com (memoir, speaking, coaching website coming soon).

Does Deb Dowdle do private coaching?

To request a private coaching session with Deb Dowdle, inquire through www.leavingtheyard.com (memoir, speaking, coaching website coming soon).

How can I learn more about Deb Dowdle's memoir?

To learn more about Deb Dowdle's upcoming memoir, Leaving the Yard, please inquire through www.leavingtheyard.com (memoir, speaking, coaching website coming soon).



NOTIFICATIONS

What will I receive online if I sign up for notifications?

When you sign up for notifications, you will receive information about the organization with links to videos, events, podcast episodes and invitations to get involved.

Is my personal information safe and confidential if I sign up for notifications?

Yes. Your data is secure. To review our privacy policy, look for the link on the footer of each page of the website.



SOCIAL MEDIA

Where else can I follow MRL?

Please follow us on the following social media platforms:

Facebook: [myreinventedlifeinc](#)

Instagram: [myreinventedlife](#)

Twitter: [MRLendowment](#)

LinkedIn: [myreinventedlife](#)

Youtube: coming soon



VOLUNTEER

How can I support your cause?

We are always looking for volunteers to help spread the word about our cause. In addition, we seek support in marketing, fundraising, professional services, accounting and grant applications, retreats and events. If you are interested in volunteering with My Reinvented Life, please fill out the form on the Volunteer page of the website.