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# Interested in Executive Coaching?
# A Former Client Answers Our Frequently Asked Questions

***Rebecca had a high position in a large institution, and sought help when she was promoted to head her department. It was important for her to incorporate her values into her leadership. She wanted strategies for managing up and down, and accountability for long-term goals. She worked with Fisher Law Practice for ten (10) months.***

## *FAQ #1. Do I even need help? I'm smart, can't I do this on my own?*

"In a way, it is a lot like therapy. Someone who listens to the challenges you are facing at work as a leader and can help you see through all the complexities that may be blinding you. And help you find the best path forward. Workplace conflict is just like other relationships: Hidden trauma and feelings are impacting behavior. Except you have the added complexity of it being in a professional environment where everyone is pressured to present themselves in a particular way. It can be hard to dig under behaviors and understand what is driving them. And for me there was also trying to understand and navigate the responses I received as a woman leader. There is a whole lot coming at you even in the best situations. If you are in a work environment that is dealing with serious conflict, you need that support and external clarity because you just don't have the time to muddle through on your own. Having a resource that brings so much experience and knowledge, that is a huge added value."

## *FAQ #2. How did the coaching impact your life? (Professionally + Personally.)*

"I would not have made it through the year without this help. It was a toxic work environment where I was suffering a lot of harm from those above me and I was in a position where I had to implement practices or actions that caused harm to those under me. It was a terrible place to be in and, in the end, Fisher Law Practice helped me make the decision to leave when it was clear that I wasn't going to be able to change things for the better. From navigating legal issues that came up at work to helping me prepare for contentious meetings, Fisher Law was there for me every step of the way."

## *FAQ #3. It's not cheap. Is it really worth it?*

"It was worth every dollar."

## *FAQ #4. There are a lot of options... Why should I hire Fisher Law Practice?*

"Because she knows what she is talking about."

**Want to schedule a free consultation? Email info@fisherlawpractice.nyc**