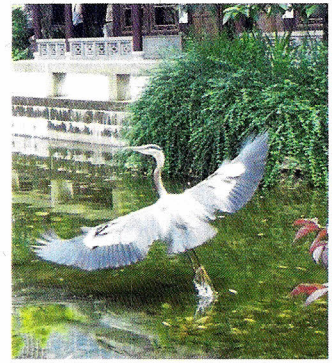


Barbara Solomon Healing LLC
Holistic Coaching ~ Helping You Find Your Wings!



Working with a Holistic Coach can help you determine how to move forward to achieve goals, set priorities, overcome "feeling stuck", sort out what is your next best step or answer other looming questions you may be grappling with.

Barbara Solomon, RN (retired), LAc, offers Coaching Services with the following understanding:

1. Coaching is the relationship between 2 people where one acts as the Coach (me) and the other is the Client (you). The goal is to enable you to come to conclusions that are beneficial to your higher purpose. This may take a number of sessions or may occur within one session. The role of Coach includes, but is not limited to, deep listening, asking powerful questions, being present and holding space for you that allowsy to access your own truth about a particular situation or situations and develop a plan of action that you believe helps move you along your path.
2. I will not offer judgment about your issues or ideas. I am here to support you to come up with what you need in your own way and will ask questions or offer tools that may assist with the process.
3. The sessions (either 30 or 45 minutes) and are conducted over the phone at a specified time agreed upon by all parties.
4. The first session is free as a way for us to assess if we are a good match and if coaching is appropriate for your needs.
5. Additional sessions cost \$45 for 30 minute sessions and \$60 for 45 minute sessions. Sessions may be recorded. If recorded, they will be available to you for future listening.
6. All information shared between you & me is *Confidential* but subject to any "Reporting" laws that may apply. I will be happy to expound on this if more information is requested.
7. Sessions will be prepaid and can be made through Paypal at My webpage, www.barbarasolomonhealing.com.
8. You will call me at specified time. There is a 5 minute leeway for calls; otherwise the time is deducted (with exceptions per my discretion) from the call. Cancellations should be made at least 24 hours in advance for full refund. At times, a session may go over the specified time, it is up to both parties to decide whether to continue and if there's any additional cost.

Some other things about Coaching that may help you prepare for our session:

Near the end of the session, I will ask you for some **action** you would like to take as homework or personal work or soul work, for the time between sessions. I will ask you to "**under-promise**" for this, it's important that you are not set up to fail by aiming for an action that is too large. Your goal is to create a very reasonable, fun and do-able task.

I will also ask you for a "**take-away**" from the session—something you gained during the coaching encounter that you can carry with you between sessions, as part of your developing awareness of your growth and sense of accomplishment.

Coaching is Not a Substitute for Other Needed Professional Services.

Coaching is not a substitute for professional advice by legal, medical, psychological, financial, business, spiritual or other qualified professionals and does not involve medical diagnosis.

In addition, it can be helpful and important if you are also in therapy—to consult with your therapist to be sure coaching could be a helpful addition for you at this time. You are fully responsible for your physical, mental, and emotional well-being during your coaching sessions, including your choices and decisions.

Thank you for reading this Agreement! I look forward to sharing time with you & assisting you in Finding Your Wings!

Read, understood & agreed to by the undersigned:

Name Printed

Signature

Date

Email

Phone #

Barbara Solomon
503.927.0024

Date