Coaching Overview & Terms

Welcome! I am so excited to be working with you! I am honored to be part of the process of helping you transform into the person you want to become and the life you want to live! We will work together to figure out where you have been, where you are presently, and where you see yourself being in the future. Together we can do great things and I hope you are looking forward to it as much as I am!

Full Disclosure: I am not a therapist, counselor, or consultant. I am trained as a coach meaning we work together to come up with the best ways to bring your life up to its highest potential. I am your support person and I want you to feel good about your life and the life changes we come up with together as a team!

What is discussed in our sessions is ***private and confidential*** and will not be shared with anyone else. Please have my word on this.

Your role is to take time to figure out what your agenda will be in each session – what is it you want to talk about and try to accomplish? We will have discussions and I will help you to dig deep within yourself to find the answers to the questions about your life that you have been struggling with.

I will listen closely to you as you speak, respond to what I hear and ask questions. At the end of each session, we will set action steps (homework – just a bit!) for you to complete before the next session.

During our first session, which will last approximately 90 minutes, we will go over your client questionnaire which helps me to know you, learn why you are here and provide you with tools to move your life forward! From there we will dive in and start working! Follow-up coaching sessions are approximately 50 minutes.

Payment is due in full at each session. Accepted forms of payment are cash or credit card. Fees are as follows:

- $140 for the initial consultation
- $90 for each follow-up session

I have read and agree with all the terms and agreements listed above.   Are you READY? You've got this!

_____   _____

Client Signature   Today's Date

_____   _____

Coach's Signature   Today's Date