

# The Coaching Process

Congratulations for embarking on this journey! I look forward to working together and supporting you in achieving whatever it is you really want. This document is designed to help you understand the nature of coaching and how to get the most from our partnership.



## What is Coaching?

Coaching is quickly becoming one of the leading tools that successful people use to live extraordinary lives. Through weekly coaching sessions, my clients identify what is most important to them and align their thoughts, words, and actions, accordingly. As your coach, I work with you to identify what you want personally and professionally, and support you in achieving a life that you really want and love. Having a life you love starts with gaining clarity on your values, enabling more meaningful choices and consistent action. Your commitment to your life through coaching offers a means for more balance, joy, intimacy, energy, financial abundance, focus and action in every area of your life.

## As your coach I will:

1. Encourage you to set goals that you truly want.
2. Ask you to do more than you may have done on your own.
3. Help you focus better in order to produce results more quickly.
4. Provide you with the tools, support, and structure to accomplish more.

## How is coaching different from therapy or consulting?

Coaching is not therapy, we do not help individuals deal with the past, nor is it consulting which generally results in giving the client the answer. Coaching is more action-oriented and focuses primarily on the present and future. As your coach I enable you to determine your own “answers” through the work done in our coaching partnership. Nevertheless, I am that someone that will point out things that you cannot see as well as that someone that will encourage and challenge you to achieve your highest potential.

## Who works with a coach?

Entrepreneurs, business owners, professionals, and people in transition are some of the people who typically work with a coach. Regardless of their professional endeavor or place of life, all of my clients have one thing in common—they all have a desire to become or remain successful while achieving or maximizing his or her full potential.

## How I coach my clients

As your coach, I will inquire, encourage, advise, challenge, make requests, and listen to you. I will help you become and remain aligned with who you are, your goals, your values and your vision. My focus will be completely on you and what you want in and out of life. Our coaching session is designed by both of us, and may be refined through ongoing two-way feedback. Even though I am

committed to the journey, you will ultimately be responsible for actions taken (or not taken) in your life throughout the process.

### **I expect the best**

We should only be working together if you are ready to do and be your best. If you are not doing your best, I will ask you to do so. If you have a personal problem, upset, or discouraged, please call me or e-mail me—anytime. I will give homework to keep you consistently working toward your greater calling.

### **Coaching Fee**

Initial start-up fee is \$1000.00 for a customized program to fit your need(s) specifically and a fee of \$100.00 a week there after for a 1 hour session. The fees will be billed at the end of the month and payments will be due on the 1<sup>st</sup> of every month.

### **Confidentiality**

It is important for the integrity and value of our coaching relationship that we are open and honest with each other. In this light, what we discuss will remain completely confidential.

### **Termination**

Client may cancel at any time in writing and upon cancellation fees are to be paid in full.

_____	_____
Client Signature	Date
_____	_____
Coach Signature	Date