

My Coaching Approach

Coaching is a structure that facilitates the process of personal or professional development. We design the coaching approach together to meet your goals whether they are in your current or aspirational job.

We start with your values and vision. I bring resources targeted to meet your goals: assessments, questions, strategies, listening carefully to what you tell me as well as what you don't. Together we identify your resources (experiences and qualities), creating strategies to overcome blocks to success, working toward a high degree of self-care. We jointly develop relevant homework to work towards your goals.

A key aspect of our relationship is developing appropriate action steps to help you move toward your goals.

What Coaching Isn't

Coaching is not therapy. If issues arise that are best dealt with in a therapeutic context, I will refer you to an appropriately trained licensed therapist. Coaching is not consulting. We'll explore if consulting is a better match for your needs.

Fee Structure

We follow the structure below:

Opening Session

We start with a free 30 minute consultation session to introduce the process and allow us to get to know each other.

3 Month Commitment

You receive two 60 minutes or four 30 minutes virtual coaching sessions each month for the first 3 months at a cost of \$1300.

Supplemental telephone conversations and ongoing email support is also available.

Monthly Coaching Option

After the initial 3 month commitment, you can elect to receive two 30 or one 60 minute coaching sessions on a month to month basis at the monthly fee of \$500. The monthly program may be canceled, in writing, at any time without penalty.

Fees are payable in advance of the 1st of each month.

You agree to pay the monthly fee before coaching services are provided for the month.

Payment via Venmo, or check.

Coaching Appointment Process	<p>All coaching sessions are conducted by virtual meeting (Google Meet or Zoom) unless otherwise arranged.</p> <p>At the scheduled appointment time, we both log into the virtual meeting. We commit to start and finish each session on time. If you are more than 10 minutes late for a session, I assume the session is cancelled and you forfeit the session fee.</p> <p>Rescheduling a coaching session is easily done with advance notice, please allow 24 hours to change appointments.</p> <p>In between coaching sessions, feel free to email me. Calls between sessions are allowed based on availability. We agree to keep the calls to 5 minutes or less.</p>
Confidentiality	<p>The coaching relationship is built on trust. I agree to keep all conversations and information private and confidential. No personal ideas, information or thoughts expressed will be shared with anyone except with your permission unless required by law.</p>
Legal Stuff	<p>Each party agrees to indemnify, defend and hold harmless the other party, its agents, officers and employees from and against any and all liability expense including defense costs and legal fees incurred in connection with claims for damages of any nature whatsoever, including but not limited to, bodily injury, death, personal injury or property damage arising from such party's performance or failure to perform its obligations hereunder.</p>
Results	<p>Coaching usually leads to improvements and positive changes in one's life. The pros and cons of coaching will be discussed together. I believe that each of my clients are unique, creative and responsible for moving their own life forward. I look forward to working with you.</p>

Coaching Client Signature

_____ Date: _____

Coach Signature

_____ Date: _____