

Coaching Information

Confidentiality

Your privacy is important to me and I will not disclose your name or even the fact that I am coaching you without your explicit permission.

Coaching Relationship

Successful coaching depends on the relationship between coach and client.

As your coach, I commit to:

- create a conducive environment for you to focus on your goals.
- support you first and foremost, and your goals second.
- comply with the International Coach Federation (ICF) Standards of Ethical Conduct at www.coachfederation.org.

As the client, you commit to:

- accept full responsibility for yourself and your behavior.
- offer feedback to improve our coaching relationship.
- make a three to six month commitment to the process of change.
- understand that coaching is not therapy.

Referrals

My dream is to fill my practice via the referrals of thrilled clients. I hope that as you share your coaching successes with your family, friends and colleagues, you will encourage them to try coaching for themselves.

Coaching in General

Your monthly coaching begins with your scheduled telephone appointments. The steps you take between appointments continue your experience throughout the month. Five minute power-coaching calls as needed between appointments also extend your coaching experience. At the end of every month, you will have the opportunity to check your progress against your goals and indicate ways to improve the coaching experience.

Coaching Appointment

I coach via telephone and I will call you at our scheduled appointment time. If for any reason the connection is lost, I will call you back. If you cannot keep your appointment, please reschedule beforehand.

Each coaching call starts with a variation of the question: What are you proud of since we last coached? The coaching follows and we wrap up by identifying the action steps you commit to take before the next coaching call.

I will NOT coach you while you are driving your car, hands-free cell phone or not.

Payment

I bill in advance and payment is due by the 15th of the month. If you choose to withdraw from coaching, the unused portion of your payment will be refunded.