

This agreement is made between Janelle Baldwin (Health Coach) and \_\_\_\_\_ (Client) on this day: \_\_\_\_\_, 2020



Coaching is a collaborative process, which is founded on interactive participation and collaboration with an ongoing relationship between the Client and Coach that builds over time. The coaching experience supports the Client in establishing new realistic behaviors. The coaching relationship is strength-based, forward-looking and there to empower you to make next steps/best choices one step at a time. The coaching agenda is developed and implemented in partnership between the Client and Coach. We'll focus on your intentions, desires and goals and discuss a plan to achieve them. The role of the Coach is to help the Client progress toward achieving goals and hold the client accountable, while revising/modifying goals to achieve success.

- The Client and Coach agree to engage fully in the coaching experience
- The Client recognizes coaching is not therapy, counseling, or consulting

### **Confidentiality**

- The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable by law.
- No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if imminent threat of serious injury to oneself or someone else.

### **Coaching Commitment**

By entering this relationship, the Client and Coach acknowledge that the Client desires to make a behavioral change or some type of improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals. As such, the Client and Coach agree to a minimum of a 3-month relationship. The Coach will support you with handouts, worksheets, and assignments to engage the Client between sessions. The coach will be honest, straight forward, asking you powerful questions, making request and act as a resource. Additional resources may be suggested such as: art projects to enrich your unique experience, worksheets/handouts, TED talks or adjunct resources.

### **Coaching Session Procedures**

Coaching sessions occur by phone. The Coach and Client agree to adhere to established appointment times. A timer will be used to ensure the Coach is on time for other Clients. Notes will be taken of each session.

- The Coach and Client agree to begin and finish all appointments on time. If the Client is more than 5 minutes late to an appointment, the Coach will assume that the appointment is canceled, and the Client will be responsible for the full coaching fee. If the Coach is more than 5 minutes late to an appointment, the Client may assume that the session is canceled, and the Client shall not be responsible for any payment for that session.
- The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee. 1<sup>st</sup> time, no charge.

### **Coaching Fees**

- Specific coaching fees and packages are outlined below. For each of these services, the Coach requests a 3-month commitment from the Client to develop healthy habits, behavioral change and a healthy lifestyle.
- Fees are to be paid prior to the coaching services being provided. Sessions can be scheduled online or by calling 920-933-0856 to request available appointment times. Payments can be made by cash, check, or online. Credit or debit card transactions will have a processing fee attached in addition to the listed coaching fee.

- Initial New Client Coaching Session \$95.00 for 45 minutes
- Follow-up session - \$65.00 each for 30 minutes
- 5 session package - \$292.50, 10% discount
- 10 session packages - \$552.50, 15% discount

Coach signature \_\_\_\_\_ Date: \_\_\_\_\_

Client signature \_\_\_\_\_ Date: \_\_\_\_\_

### WHY COACH WITH ME?

Together we'll create a customized soulful plan, setting goals to guide the way and help you stay focused. We'll leave room for "life" anticipating its curve balls and adjusting to continue the journey towards your best self together. Always building on the foundation of Christ for abundant living and the strength to make the right choices.

- I am energetic, empathetic, fun and excited to help **you** become **your** best self.
- I am passionate about assisting **you** on **your** journey and will never give up on you.
- I'll listen to **your** challenges and meet you where you are at. I will assist you in breaking through the barriers you face so that you can live your new normal.
- I'll personalize **your** plan and sessions – I don't believe in a one-size-fits-all approach.
- I have a depth of experience and a wealth of knowledge to offer you. I'll ask you the tough questions and help **you** find **your** answers.
- As your coach I will mentor and guide **you** to determine realistic behavioral changes that **you** can make in order to accomplish **your** own goals. This will allow you to accommodate the ups and downs on life while living a sustainable lifestyle – no quick fixes.
- I'll help **you** be aware of **your** interior thinking and why **you** make the choices **you** do. Finding out why **you** settle for less than God's best for **you** and move beyond **your** experiences and work past the external forces that hold **you** back.
- I will work with **you** holistically, integrating all dimensions of Soulistic Well-Being into **your** goals for behavioral change as **you** put God first in each area of **your** life, **you** will see that **you** can achieve a healthy lifestyle and maintain it. (*Matthew 6:33*)
- I will keep **you** motivated and accountable, like a personal cheerleader – there to keep **you** inspired and moving forward. Giving **you** the tools for independence while supporting those life changes.
- I will help **you** find **your** why and on terms. This gives **you** a greater likelihood of success as **you** break through old unhealthy habits and develop a healthy and sustainable lifestyle.
- I believe that when **you** put God first, **you** can draw from His strength. Together with God, I will help **you** realize **your** identity in Christ, increase self-awareness and boost your confidence so **you** can follow **your** unique calling.
- I'll challenge **you** to think about **your** choices and create a "WHY" to move forward. **You** will call the shots and have a partner with whom **you** can learn to overcome obstacles with and who truly cares about **your** personal well-being!