

To help you become more familiar and comfortable with my coaching process:

- As the client, you set the agenda for each coaching session, based on what it is you would like to work on. As your coach, it is my job to keep you on track with your goals, and also hold you accountable.
- My responsibility is to support, motivate, challenge and guide you. Your responsibility is to take the action necessary to make the changes you want in your life.
- I will ask some challenging questions, provide you with focus and structure, support and encourage you through the difficult times, and I will celebrate your successes with you.
- You will be asked to experiment with fresh approaches and strategies in order to make the changes you desire.
- My goal is to create a coaching environment and relationship based on trust and comfort, one in which my clients feel safe to be open, honest, and their genuine self.
- Confidentiality is paramount in the coaching relationship and I will not disclose any information about you unless permission is granted.
- Issues that are outside the boundaries of the coaching relationship and my expertise should be taken to an appropriate qualified professional.
- If you choose to discontinue the coaching relationship, a one month notice is appreciated.
- Feedback is gratefully accepted. If you feel there is something I am doing that is not helpful for you or that I am not doing that would help you, please inform me.
- The Christian faith is my compass for life. My hope is that you will experience spiritual growth during this journey, as you accomplish and overcome all things in faith, and that you will enjoy an abundant life as mentioned in verse John 10:10 of the Bible.
- My coaching comes from a Biblical perspective.
- Coaching sessions will last approximately 60 minutes. The more direct and to the point we are in our conversation, the more productive our sessions will be.

"The goal of my coaching is to create a trusting and dynamic partnership to help you move toward a more satisfying and full life. I will use innovative and practical strategies to help you clarify what you want, explore options, enhance personal accountability and take action so that you can experience a more joyful life."

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* This document has been modified by In Faith Christian Life Coaching