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What To Expect From Coaching

Welcome to the unique and powerful process of coaching. It's an honor to be your coach and I look forward to working with you.

The relationship between a coach and client is Co-Creative, meaning that we are equals and both have an active role. I am not acting as a therapist, counselor or consultant. I am a trained coach using honed communication skills to support you as a detached thinking partner. Together we create more power for you to effect meaningful change and take dynamic actions towards your goals.

Your Role

- The most crucial part is for you to fully commit to this process.
- You will set the agenda at the beginning of each session.
- You will tell me what you need from me.
- Give me feedback in the moment about your coaching experience -- what works, as well as what does not.
- Please arrive at your scheduled time on time.
- Come to your session centered and ready to engage.

My Role

- I will listen closely to you, respond to what I hear and ask questions. If I hear something in your voice or language that sparks an intuitive thought, I'm likely to ask you about it. Often, it is the small moments that bring about BIG shifts. If I am way off target, just tell me. I am not attached to being right. In fact, my being wrong has actually provoked "AH, HA!" moments by my clients.

- At the end of the session, if you do not mention what actions you are ready to take, I will make a coach request. I ask clients to stretch themselves, deepen the work done in the sessions by writing, taking some action, resolving relationships or things that feel

incomplete. You are free to negotiate, accept or decline. However, the more honest you are and the more you put into your coaching experience, the more you will benefit.

Extra Time

Between sessions, if you have questions, a brief update, or want to bounce some ideas around, please contact me by email at angela@enrichmentnow.com. I will respond to your emails within 24 hours.

Ways You Can Get More From Your Coaching Experience

- Make our coaching sessions a priority. Come to every session with a specific agenda – a clear understanding of what you would like to take away from the session.
- Do your own work between sessions.
- Use what you learn.
- Complete what you agree to do.
- Be open-minded. Try new approaches and experiment.
- Be willing to change your beliefs and patterns if they do not serve you anymore.

Fees

- My fee is *to be paid at the beginning of each session unless you choose to pay for a block of session in advance. In which case, you will receive a 5% discount.*

- I accept cash, checks and Visa.

- Please budget for this investment- *It could be the single best investment you ever make in yourself.*

Session Procedures

- Please call me at 972-788-9201 ext 103 if you need to cancel or reschedule.
(Please see cancelation policy below)

Schedule Changes/Vacation/Business Trips

We will choose a regular time for our sessions. This will be your time slot. If something must change temporarily or permanently, I will be happy to work that out with you.

Please give our sessions high priority and arrange your schedule to honor our agreed upon time. If you must reschedule our session, I ask you to give me 24 hours notice. My cancelation policy states that you will be charged the full session fee if you do not cancel/reschedule 24 hours prior to our session. In any case, let me know as soon as you are able. If you have vacation or business trips that will conflict with our sessions, please notify me of these as soon as you have an itinerary and we will discuss when to reschedule. I will do the same with you when I plan trips.



I'm looking forward to assisting you on your new journey and watching you grow while you move towards your dreams during our Coaching Relationship! However, there are a few important things for you to keep in mind as we begin;

YOU are about to embark on a difficult yet rewarding and powerful new journey. You will have days when you say to yourself, "I'm too tired to go to my session today" or think "I just don't have the time." Beware, this is your Gremlin talking. Don't forget, your Gremlins sole job is to hold you back, to keep you from accomplishing your goals. Don't let your Gremlin succeed! Coaching or more specifically, "changing" is always difficult and takes hard work and dedication. But remember, you can do this! And I will help you succeed! This is why you came to me- Because YOU envision a better future for YOURSELF. YOU can obtain that future.

YOU can...

Enrich Your Life Today, Because YOU Deserve A Better Tomorrow!