

## Coaching Philosophy

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Integrative Health & Wellness Coaching is all about you. You are in control of the process, and the work, from beginning to end. You “drive the boat.” I am here to help you navigate the waters, with information and education, suggestions, encouragement, compassionate accountability, and other supportive roles.

I know you can change the things you feel you need to. Together we will uncover the strength and courage within you to get to a healthier, more vibrant you. Remember health is a journey, a grand adventure, one that never truly ends as you find your unique path to awaken to a more resilient, joyful and energetic you.

My Commitment to You is that I will:

- Listen to you attentively and without judgement or my own agenda.
- Ask questions and encourage you to arrive at your own answers and solutions.
- Encourage realistic expectations, intentions and goals.
- Offer compassionate accountability to help you stay motivated and on your path forward.
- Offer encouragement and perspective when obstacles arise, and adjustments may be needed.
- Keep my commitments and my word to you.
- Offer a safe, positive and confidential environment for you to share whatever you feel necessary.
- Make every effort to give you hope and to help you succeed.
- Celebrate every success with you no matter how small or large.

I ask that You commit the following to me. You:

- Are ready to create a strong foundation.
- Are committed to finding a path forward.
- Agree to be open and honest about successes and obstacles that may arise.
- Agree to be open to new perspectives and ideas.
- Agree to be on time to our sessions ready to share and create.
- Realize that you will be doing the work. Change can only come from you.
- Realize that success is up to you and the effort you put into the process.
- Realize that there are no “quick fixes”, lifestyle changes take time, and the rewards will be lasting.

Please feel free to ask any questions about this agreement before we begin.

The Client’s signature on this agreement indicates understanding and compliance with this agreement and the commitments explained above.

CLIENT \_\_\_\_\_ DATE \_\_\_\_\_

COACH \_\_\_\_\_ DATE \_\_\_\_\_