

# CULTIVATE COACHING, LLC

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*from surviving to thriving*

Welcome to coaching! I am excited to work with you.

Life coaching is a dynamic partnership that will enable you to:

1. Maximize potential
2. Discover your priorities
3. Achieve goals
4. Cultivate a positive mindset
5. Overcome obstacles

## Partnership Guidelines

It is important for you to understand the coaching relationship in order to get the most out of your coaching journey.

As your coach I am committed to you and your interests. I will give you my undivided attention, ask you questions, reflect back to you what I hear you communicating, and challenge you to push farther. I want to cheer you on to living a life where you are thriving.

Coaching is not to be confused with therapy. Whereas therapy focuses more on the past and healing, coaching focuses on moving forward, toward the client's vision and goals. If I sense that therapy may be needed to help with problems that are preventing you from forward movement, I will tell you that.

My strengths are to help you get to the heart of the matter, cheer you on as you reach for your vision or goals, and to remind you of your desires when the going gets tough. I strive to help my clients with self-awareness and a healthy balance in life.

For our sessions you get to set the agenda. I will make requests of you. It is your option to accept or reject those requests. The action is always up to you. You will get the most out of your sessions by filling out the Prep Form prior to the session.

I encourage you to commit yourself to the coaching process. It is good and needed to invest in yourself. We all deserve to live a life where we are thriving.

# How It Works

Procedure - Calls (telephone or Zoom) will be 45 minutes long. Please be available for the call on time.

Cancellations - Please give 24 hours notice if you have to cancel or reschedule a call. If you have an emergency, we will work around it. Otherwise, a skipped call cannot be made up, and a refund cannot be issued.

Extra Communication - Please feel free to reach out to me via email to share questions, thoughts, struggles, victories, etc...

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*I understand and agree that I am fully responsible for my well-being during and throughout my coaching experience, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy and that professional referrals may be given.*

*I understand that coaching is not a substitute for counseling or therapy. I promise that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with this person regarding the advisability of working with a life coach and that this person is aware of my decision to proceed with the life coaching relationship.*

*I understand that life coaching is not to be used in lieu of professional advice. I will seek professional guidance for legal, medical, financial, business, spiritual and other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my responsibility.*

*I authorize my coach, (Jesse Cox or Katherine Cox), to keep a confidential record of my name, phone number, or email address in order to meet the requirements for coach credentialing and renewal by the International Coaching Federation. I authorize my coach to document the number of hours he/she and I work together for submission to the ICF for coaching certification purposes.*

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client Name: \_\_\_\_\_