

BridgeWell Coaching

Agreement

Please complete, sign where indicated, and return to Heather Larson to heather@bridgewellcoaching.com

Name(s):

Address: _____

Cell Phone: _____ Email: _____

Cell Phone: _____ Email: _____

Please check the terms we have agreed to:

One coaching session for \$95

Three (3) coaching sessions for a total of \$295

Sessions are 45-50 minutes

I confirm that I have read the coaching guidelines listed below and agree to abide by them. As a coaching client, I understand and agree that I am fully responsible for my well-being during my time of coaching, including my choices and decisions. No guarantees have been made to me as to the expected outcome of my coaching. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy and that professional referrals will be given if it appears they are needed.

Client signature: _____ Date: _____

Client signature: _____ Date: _____

Coaching Guidelines

I am excited to help you on your journey to bridge the gap between who you are today and who you long to be. Following are a few guidelines we need to establish to make our working relationship as productive as possible. If you have any questions, please call me.

Procedure: Scheduled sessions will be roughly 40-50 minutes in length. **Please complete the Call Preparation Form prior to each call.** This allows me to be as prepared as possible to make the best use of your time.

Changes: Cancellations need to be made at least 48 hours in advance. If you have a valid emergency causing you to miss a call, we will work around it. Otherwise sessions are not refunded.

Fees: Payment is at the time a session is booked. You can pay using:

- Zelle heather@bridgewellcoaching.com or 612-432-5308
- Venmo @Heather-Larson-33
- PayPal (See link on the Payments page of www.BridgeWellCoaching.com)
- Mail a check (Contact Heather for mailing address)

Problems: Our relationship needs to be based on absolute honesty with each other. If at any time you are dissatisfied with something, please bring it up! I will work with you to resolve any difficulties.

Follow Through: It is imperative that you apply yourself if coaching is to be successful. Our work will sometimes be very purposeful, goal-directed and dependent on you doing some 'homework'. Other times it will be very broad in scope, requiring time in prayer, reflection and meditation on God's word, His plan for your life, your vision, etc. Either way, **your real growth will come from the work you do in the time between our calls.** I do not have the answers you are looking for, but I will walk faithfully with you as you seek them from the One who does. Check yourself now on the true measure of your commitment to that kind of pursuit. **Make this a pivotal season of your life!**

Heather Larson

heather@bridgewellcoaching.com

612-432-5308