

Bridgewell Coaching

How to Get the Most from your Coaching Experience

ENJOY IT! This is one of the few times that it is all about you. You have my full attention. I am trained to really hear not only what is in your head, but also your heart. While your issues may be quite serious in nature, there will be lightness and laughter on the calls. Working with your coach can be something you will look forward to.

BE READY! Fill out the prep form and have it in my hands prior to the session. This saves lots of time and avoids going through catch up conversation on the call. On those days when you feel frazzled or not ready for the call, make it anyway, as it can be very valuable in helping deal with stress.

BE REALISTIC. Some coaching sessions will have those “a-ha” moments that help you turn corners, some provoke new ideas and creative action, and some will simply be times where the above does not apply, but are just part of the overall process. Be okay with that.

KNOW THE POTENTIAL. Each session lasts approximately 45 minutes, but you may reflect on it all week. If you don't have a focus or passion right now, we will work on that!

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Agreement

Please complete, sign where indicated and return to me.

Name: _____

Address: _____

Phone: _____ Phone: _____

Email: _____ Email: _____

Please check the terms we have agreed to:

One coaching session for \$95

Three (3) coaching sessions for a total of \$285

Sessions 45-50 minutes.

Venmo: @Heather-Larson-33

PayPal: [paypal.me/bridgewellcoaching](https://www.paypal.me/bridgewellcoaching)

I confirm that I have read the guidelines listed in the 'Welcome' form 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: _____

Coach signature: _____ Date: _____

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Welcome to Bridgewell Coaching

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 email me.

Procedure: Sessions are scheduled for FaceTime, Zoom or Audio through Calendly: <https://calendly.com/coachingwithheather/coaching-call>. Each session will be roughly 40-50 minutes in length. **Please email or complete the online Prep 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 had a valid emergency causing you to miss a call, we will work around it. Otherwise missed calls are not made up nor refunded.

Fees: Payment is made to Bridgewell Coaching at the time you schedule your session. You can pay with Venmo @Heather-Larson-33 or on the Contact Me page of my website via PayPal or mail a check 6134 Arctic Way, Edina, MN 55436

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!**