



Coaching Welcome Packet



GETTING TO KNOW YOU

Contact Information:

Name: _____

Email: _____ Phone: _____

Address: _____ City _____

Hello!

I am excited to begin working with you as your coach. I consider it to be a privilege to partner with you as you establish and work toward meaningful goals that honor God, yourself, and others. I believe coaching is one tool that the Holy Spirit can use to bring about transformation and help a person move forward in various areas of life.

Just as it is important for a tree to have a healthy root system in order to flourish, it is important for people to have healthy "root systems" so they can flourish. Coaching is an opportunity to not only explore external habits and patterns, but also to examine what's happening below the surface (beliefs and mindsets), which make a tremendous impact in determining our actions and ultimately our lives.

I hope you will be blessed to have a safe place to process. I hope you will feel challenged, supported, and encouraged throughout this coaching process.

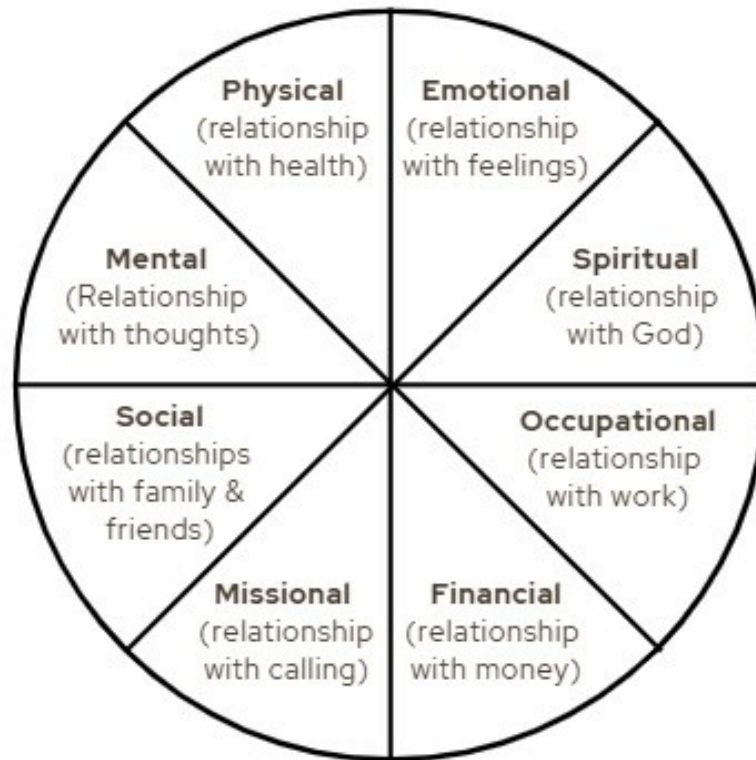
I look forward to getting to know you better and finding out what you would like to get out of our time together. I hope you will take some time before our first meeting and read through this packet and fill out the reflection questions and Coaching Agreement. Also, feel free to bring your questions.

Thanks for allowing me to be part of your journey.



RELATIONSHIP WHEEL

At Transformed Life Coaching, we are focused on transforming relationships. I invite you to use this wheel as a tool for reflecting on some of the significant relationships in your life. In each segment of the wheel, rate your satisfaction with the relationship, writing a number from 1 to 10 (1 being "not satisfied at all" and 10 being "totally satisfied.")



What are your observations after doing this exercise?

What relationship on the wheel are you most motivated to work on? What changes would you like to see?

RELATIONSHIP WHEEL

What additional opportunities for growth do you see in other relationships on the wheel?

When you consider the relationships on the wheel, what do you feel grateful for?

What would you most like to accomplish through coaching over the next 6 months?

SERIES GOALS (TO BE COMPLETED WITH YOUR COACH):

WHAT TO EXPECT

Here's what to expect from your coach during your coaching sessions:

YOUR COACH WILL LISTEN

Your story is central. Coaches fully engage in what you are saying. They also listen to the Holy Spirit and encourage you to do the same.

YOUR COACH WILL ASK QUESTIONS

Coaches use questions to stimulate your thinking and creativity. Questions are about possibilities and the future. They are for your benefit (learning and awareness), not the coach's benefit.

YOUR COACH WILL ENCOURAGE

Most of us do not get enough encouragement! Your coach will focus on the progress you have made and look to reinforce any growth and learning. Your coach will look for opportunities to celebrate with you!

YOUR COACH WILL FACILITATE WHILE YOU LEAD

Coaches facilitate your learning and problem solving. Yet, they are never fully leading—you are, with your agenda and your approach. You will set your goals for the coaching process, and each week you will choose the focus of the conversation.

I can't wait to begin this journey with you!



COACHING AGREEMENT

CONFIDENTIALITY

I understand that coaching conversations are confidential, and my coach will not share our discussion with others without my permission, unless it affects the safety or wellbeing of any individuals or organizations. I also understand that for credentialing purposes, my name may be shared with the International Coaching Federation. I understand that my email address may be used by Transformed Life Coaching to communicate coaching-related resources and opportunities. I may opt out at any time. I understand that the coach-client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. I understand that TLC is supported through donations and may occasionally share anonymous stories of client growth and transformation with donors. No names will be used without permission.

PERSONAL RESPONSIBILITY

As a client, I understand and agree that I am fully responsible for my physical, mental, and emotional well-being, including my choices and decisions resulting from my coaching sessions. I understand that coaching is not a substitute for any form of professional guidance. I am aware that I or my coach can choose to discontinue our agreement at any time.

CANCELLATIONS

I agree to give 24 hours' notice if I need to reschedule an appointment, unless in the case of an emergency. I understand that if I cancel without notice or fail to show up more than three times, my coach may ask to discontinue our coaching agreement.

TIMEFRAME

I understand that we will commit to work together for one coaching series, which is typically 8 to 12 coaching sessions. I understand that coaching is intended to help me move forward in specific areas of my life and at the end of our coaching series we will evaluate progress and determine the best support going forward.

PARTICIPATION

I commit to communicating honestly, to giving helpful feedback to my coach, to receiving feedback from my coach, and to creating the time and energy to participate fully in the program. This includes participating fully during coaching sessions and following through on the action steps developed together between sessions.

COACHEE'S SIGNATURE _____ DATE: _____