



What happens when you enter a Coaching programme with me?

1. Following our (**Free Discovery Phone Call**) and You and I agreeing to engage in a coaching relationship programme. I ask you to inform/discuss engaging in any Health and Wellbeing Program with your GP before we start our coaching sessions programme. This is included in the (**Health and Wellbeing Assessment Form**) which I send to you in the (**Welcome Pack**) and request you complete.
2. I will send you a (**Welcome Pack**) via email or post which includes these items. I ask you to complete and return some items to me before we agree our first coaching session. You can choose to E-mail or post items to me. Your (**Welcome Pack**) includes –
 - **Welcome Letter.**
 - **Coaching Agreement** – ways of working/ethical standards, confidentiality, cancellation matters, refunds etc. Please note that you get (2 copies to be signed by you and return one copy to me).
 - (**Wheel of Life**) Tool for Self-Assessment of your Wellbeing Life Satisfaction. This provides a helpful helicopter view of your individual Wellbeing component area measures and often a motivation for your Wellbeing goal priorities, as you begin coaching. * Useful to complete again at the end of our coaching to compare your wellbeing goal outcomes with before coaching.
 - (**Health and Wellbeing Assessment**) Please complete & return.
 - (**Online Coaching Information**) How my Online Coaching works.
 - **Fee Payment Options** explanation.
 - **Complimentary Gift Certificate** for (**One Free Coaching Session**) with me which you can give to a friend or family member. The gift certificate can be redeemed when the person engages in any health and wellbeing programme of their choice with me.