



## **What happens when you agree to enter a Coaching Package with me?**

I ask you to inform/discuss with your GP about you engaging in any Health & Wellness Coaching Package with me, **before** we start our coaching sessions.

The **GP Medical Release/Wellbeing Assessment** and **Coaching Agreement** are included in the (**Welcome Pack**) I send to you, which you **need to complete and return to me** at your earliest convenience please.

You can choose to upload these items via (**Practice Better**) or by E-mail for my attention. When I receive these items, then you and I will be able to schedule our first coaching session.

Your (**Welcome Pack**) includes –

- **Welcome Letter.**
- **Coaching Agreement** – ways of working/ethical standards, confidentiality, cancellation matters, refunds etc.  
  
Please sign and return a copy to me by (Practice Better or My E-mail). Keep a copy for yourself for reference purposes.
- (**Health and Wellbeing Assessment**) (includes GP Medical Release)  
Please complete & return a copy to me.
- (**Wheel of Life**) Tool for Self-Assessment of your Wellbeing Life Satisfaction. This provides a helpful overview of your individual Health & Wellbeing component area measures. Completing your Wheel of Life often creates a motivation focus for your health and wellness goal priorities, as you begin coaching. \* Useful to complete again at the end of our coaching to compare your health and wellbeing goal outcomes with your before coaching assessment.
- (**Online Coaching Information**) How my online coaching works.
- **Coaching Sessions Preparation & Guidance** Information.
- **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.