

### **What should I include in my email enquiry?**

- Clearly state the outcome that you want to achieve
- It is advised that you stick to one topic per enquiry. This way, we can hone in on your issue and explore it in depth.
- How specifically is the problem impacting you right now?
- What you have attempted so far to reach your goal?
- What is going well and *is* working for you?
- What obstacles are in your way?

### ***Important information***

By entering into the coaching agreement, you are aware that:

- All information shared with the coach will be treated with the utmost confidentiality, and will not at any time, either directly or indirectly be disclosed with any person outside of the coaching session.
- Lifestyle coaching is a strictly professional service.
- Coaching is in no way to be construed as psychological counseling or any type of therapy.
- Coaching results are not guaranteed. You are entering into the coaching with the full understanding that you are responsible for creating your own results.

### ***Coaching fees***

Coaching fees are non-refundable and paid in advance.

The amount charged will be in accordance with the package selected above, and charged to your nominated account on a monthly basis.

You can cancel your subscription at any time, which will take affect from the following month, and you will still have access to the service for the remainder of the monthly period.

Session Cancellation Policy ie sessions must be cancelled within 24 hours for an 80% refund.

## **Why email coaching?**

Email coaching has a lot of great benefits:

Highly convenient for busy people who don't have the time to schedule in a one hour session

- An affordable alternative to telephone coaching
- Send your query at any time of the day or night
- Take as much time as you need to compose your thoughts
- Anonymous, relaxed method of communication
- All information is received in writing for you to mull over and refer to later

## **How long will it take to receive a reply?**

All queries will be responded to within 24 hours, although usually much quicker than this. Replies will often be sent within a couple of hours.

## **What will I get from the email coaching responses?**

- Acknowledgement and clarification of your enquiry
- A fresh set of eyes, and a new perspective of your situation
- Awareness of the options available to you, and a wide range of paths that you could take; avenues for you to explore
- Individual plan to move forward
- Thought-provoking questions designed to get you thinking about your issue from new angle
- Coaching tools, models, and tasks for assist in your learning
  
- Suggestions of further resources applicable to your situation, such as books, websites
- Someone to hold you accountable in achieving the goals you have set out for yourself

## **Breakthrough to Success (\$660.00)**

This my most popular package because it doesn't matter if you know what it is you want to change, or if just know your want your life to be different. This package provides the support and guidance you need to secure your goals by giving you the tools you want to make those important lasting changes in your life.

### **Includes:**

- 6 x 1 hour minimum Life Coaching sessions
- Wheel of Life
- Free email support for the duration of the coaching sessions
- Sessions valid for 12 months from date of booking

## **Individual Sessions - \$120.00**

One-off sessions are available and are great if you have something highly specific such as some help with goal setting or removing a fear. Otherwise a commitment to a course of sessions where we can really get stuck in together is what yields the best

Session is 90 minutes first session 60 minutes subsequent sessions.

## **Email Coaching Packages**

- Basic Package (\$40.00) month 6 emails
- Premium Package (\$60.00) month 12 emails

If you have a busy lifestyle and don't have time for telephone then email coaching may be for you. There is no need to schedule in a session. When you are sitting at your computer, all you need to do is just type in your query – then sit back and wait for your reply!

Lifestyle coaching is a process that is designed to bridge the gap between where you currently are in life, to the level you *really* want to be. Deciding to make changes in your life is the first amazing step, you will need “new” strategies to move forward because the strategies you are using now are the ones that are not working for you and they are the ones you want to change. To make these changes a reality hiring the help of a professional is the fastest and most effective way to get results. If you wanted to be the best you can be at playing sport, you would hire a coach. Professional sportspeople invest in a coach to challenge, support, stretch, and bring out the best in them and give them support and encouragement on their journey.

Your wellness, health and fitness are the most important aspects of your life, without this we are constantly restricted with what we can achieve. Give yourself a break and make a start to support this change you so want to happen.

By saying yes to yourself you have made a start to achieving your goals, you will find change starts to happen in all aspects of your life.

If this sounds like something that would add enormous value to your please check out the packages that are offered and send that email.

If you are hesitant or unsure of how you can benefit from life coaching, I am very happy for you to contact me to discuss your current situation and discuss how I can assist you to achieve.

Sessions can be conducted either over-the-phone or via Skype. The benefit of phone sessions is that they offer the convenience of being able to be conducted anywhere at any time, saving you both time and money. Some clients also prefer the anonymity of telephone coaching. Sessions with international clients are conducted using Skype. I will also be available to be contacted anytime via email in between each session and will provide you with the resources you need to continue on your path to success well after our sessions are completed.