

Life Enrichment Coaching Agreement

Welcome! I'm delighted to become your Life Enrichment Coach and look forward to supporting your journey in creating a fulfilling, productive and enriching life! To begin our relationship, allow me to clarify our coaching agreement to ensure that you accept and honor it. If you have any questions or comments about the following, please contact me.

Our coaching process is based on honest, unfiltered two-way communication dedicated to getting at the heart and Truth of the matter. My style is direct and always in support of you. Sometimes it may come across as blunt or provocative. Again, my intention is to get to the heart and truth of the issue. Since this is forthright two-way communication, it is essential that you "show up" fully and share what is going for you, even if it means disagreeing. Our coaching relationship will be better for it.

My intention is to always uncover an outcome that we both experience as win-win and to maintain confidentiality. I really accept who you are and where you are right now, and also hold a vision of the opportunities laying before for you.

Our coaching process is designed around weekly 30-minute calls that take place 4 times a month. When there are 5 weeks in a month, one of the weeks can be skipped (together we can determine which week that would be), the extra week can be used to make a missed appointment, or the additional payment of \$62.50 can be made to cover that session.

Scheduling is usually set-up at least one a month ahead. If you need to reschedule your call please give me at least 24-hour notice. If an emergency comes up, we'll work around it. If you must cancel a call, we will make it up to ensure 4 calls during the month.

For each designated appointment, you place the call to me at **520-760-2806** unless I specify differently. (This number is different from my office number and will enable my office number to receive messages while we talk.)

My fee is \$250 per month, due in advance of each month's coaching and made payable to "Judy Epstein" at 4515 N. Rockcliff Rd., Tucson, AZ 85750.

These fees are due in full whether you "show up" for any or all of your appointments. Likewise, I do not charge extra if your needs exceed the contracted hours. When time allows and if we agree mutually, then our session may extend beyond the 30 minutes, or an extra check-in call might be scheduled.

Exercises are frequently assigned each week and e-mail to JudyEpsteinAZ@aol.com is the preferred method for sharing the results, your comments or other correspondence with me. If e-mail is not available or practical, you may fax me at a number I provide upon request. Assignments are sent approximately 24 hours before your appointment so I may thoroughly review them beforehand.

Thank you for taking the time to review this agreement. **Please keep a copy for yourself and return the other copy to me with it signed and dated.**

I accept and honor this agreement by signing below.

Signature

Date