

## **Welcome and Orientation**

### **How I Coach Clients**

While I adapt my coaching approach to each of my clients, I thought that you would be interested in knowing some fundamentals of my style, what I expect of my clients, and what my clients can expect of me.

### **On a Philosophical Note**

I am honored to have the opportunity to work together. I see my clients as growing and healthy spiritual human beings who have an important life purpose. I believe that every time each of us makes a commitment to become more conscious, to honor our great potential, and to follow through on our real priorities, that we open the door for the universe to support us in ways that we could not have dreamed possible,

And because of our interconnectedness with all of life, we open unseen doors for others to experience more of their potential at the same time.

This is momentous!

The Enneagram provides a body of wisdom and practices that support the work of becoming more awake and recognizing that there is much more to us than the habits of our personality type. Our work together is to support your continuing personal and professional development, to recognize the places that can be troublesome, and to move beyond those toward your true nature. I thank you for your willingness.

### **I Create Space for You to Listen to Yourself More Deeply**

At some level, you already know what is right for you. Through our work together, not only do I listen to you, but ask you to listen to yourself with more curiosity, truthfulness, and trust.

### **I Offer a Spiritual Perspective**

I ask that you recognize the larger, spiritual dimension of life, and be willing to explore the learnings that your unique personal journey offers. I ask you to build on your capacity for self-reflection that is, the ability to see yourself with objectivity and compassion.

## **The Cornerstones**

My work is based upon principles that move you toward living a more fulfilling, authentic awakened and abundant life, which is your birthright. You can expect to:

- Increase your capacity for self-reflection, self-awareness, and self-acknowledgement
- Strengthen your personal presence
- Create more ease, choice, and freedom
- Focus your attention on what is for your highest good - personally and professionally (Move in the direction of your highest qualities)

## **Client Guidelines**

### **1. Changes in Schedule Appointments**

I have reserved the time of our scheduled session for you. I am flexible if you need to reschedule your session. I request 48 hours' notice so that I may make time available to others. Barring severe emergencies, missed sessions without 8 hours' notice may not be made up. There may be time when I am forced to reschedule as well, but I'll let you know as far in advance as possible.

### **2. Client Generated Sessions**

I ask you to focus on what is working and how you are growing versus solving problems. You provide the topic(s) which will be the focus of the session and create value for yourself by taking actions between sessions. You make your own decisions; I offer processing for creating insight, my observations, honest feedback, and teaching as they seem useful.

### **3. Request**

If I ever say or do something that upsets you or does not feel right, please bring it to my attention. Honesty and trust are critical for our relationship to grow. I want this to be an open and safe space for you to come with confidence

### **4. Confidentiality**

Our coaching relationship and communications are confidential, within the limits of the law. There are limits to confidentiality if you choose to correspond via phone, email, or video messaging such as Skype. I recognize that you may at times disclose future plans, business affairs, personal and financial information. I will not at any time share this information with a third party unless compelled to do so by law. I will not divulge that we are in a coaching relationship without your permission. You, of course, are free to discuss your coaching with whomever you want. And I do appreciate referrals.

As a professional coach, I sometimes consult with a peer or mentor about issues that clients share if I feel the consultation would benefit the client. This is always done anonymously, that is, a client's name is never divulged.

#### 5. Nature of Relationship

I have a rich background in coaching; spiritual development; relationships and communication skills; the dynamics of life, work, leisure, and wellness; teaching and training; the Enneagram (I will explain at our first meeting) and career and personal counseling. The Coaching Relationship is in **no way to be construed** as psychological counseling or any type of therapy. If you feel the need for professional counseling or therapy, I will support you in seeking a licensed professional. At all times, I provide my best efforts however, coaching results are not guaranteed. The client enters coaching with the understanding that he/she is responsible for creating personal results.

#### 6. Waive and Hold Harmless

The client waives and releases the coach from any claims that arise or result from the coach's services.

#### 7. Fees and Payment.

Payment is due at the time of each session. PayPal and Venmo work best for me however, I accept cash, check, or most major credit cards. My mailing address is Debbie Presser 4662 Shalers Dr. Columbus, OH 43228. My e-mail address is dpresser1@yahoo.com.

#### 8. Termination

The sustainable benefits of coaching typically result from consistent action taken over time; therefore, I recommend that clients be willing to commit to a minimum of 3 6 months coaching process. One month's notice would be appreciated whenever you feel complete with the coaching process. In the event of fees owed at the time of cancellation, full payment is due and payable.

Please read and sign the Coaching Agreement.