

SARAH B RAWZ

How We Will Work Together

Please read and confirm prior to our first coaching session.

Hello and welcome to the fun, exciting, scary, possibility-filled world of coaching!

You are the expert here. I'm the megaphone that helps you hear your inner wisdom. You're the ship and I'm the extra bit of wind in your sails. You're Willy Wonka and I'm the Oompa Loompas. You get the picture.

This journey we're getting ready to embark on will be one of boundary pushing, confidence building, and generally becoming an even more amazing version of you. You'll set goals and together we'll find and tackle the path to achieving them. All the while, I'll be here to brainstorm, cheer, commiserate, and help you discover your impediments to success and get by them.

So, how do we each contribute to the coaching process?

Your Roles and Responsibilities are to:

- Define and commit yourself to goals that are truly meaningful to you and come from your core self.
- Arrive at each session on time, prepared (including having completed the Meeting Prep form) and open to two-way, honest dialogue.
- Take personal responsibility for your progress and accomplishments, your decisions and results.
- Keep me fully informed about what is and is not working for you in our coaching relationship.

You already have the goods to transform yourself and your life. My job is to help you hear and trust your own inner wisdom, to help you get out of your own way and embrace what could be.

My Roles and Responsibilities are to:

- Be a partner in bringing out your most authentic, powerful self.
- Provide a safe and completely confidential environment in which you can relax and explore.
- Listen to you carefully and deeply.
- Offer questions, insights, and moments of intuition to help you expand your view of what is possible and uncover your own questions, insights, and intuition. However, I'm not attached to being right and will look to you for that feedback as we go.
- Be an ongoing resource to you as you work toward accomplishing your goals and creating an even more fulfilling, authentic life.

Mind you, I will hold everything about our time together **completely confidential**. You, however, are welcome to tell anyone anything you want about your coaching and growth experience!

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The Collaborative Process

Each month, we will meet by phone or in person two (2) times for roughly an hour, give or take. When we meet by phone, I'll call you at our scheduled time, sharp. I'm kind of known for my hyper-punctuality.

Please give me as much notice as possible if you need to change our scheduled time, preferably no less than 24 hours. Without prior notice, missed meetings will be considered completed sessions and billed as such.

Between meetings, we'll continue deepening our coaching relationship and stay in touch with your goals via text, emails, brief check-in calls, and your meeting prep and recap forms.

Use your coaching resource extensively. Share successes, breakthroughs, gratitudes, frustrations, questions and anything else that comes up for you by email or text. No topic is taboo!

The Money Bit

As we discussed in our sample session, my fee is \$350 per month which includes those two meetings and unlimited communication in-between, including every bit of resource I have at my disposal. What's mine is yours.

Payments are due at the beginning of each month, prior to our first coaching meeting of that month. You can bring a check to in-person meetings, mail them to PO Box 7, Roanoke, VA 24002, or pay with PayPal (or with a credit card through PayPal).

Getting you rolling down the path of your best life starts with a suggested six month minimum commitment, during which time I will commit to the above price and you commit to sticking with me, sticking with your vision and sticking with this process.

Questions or Concerns?

Any questions or concerns about any of the above? I want to hear them!

How about excitement about what might happen when you stretch yourself from a safe, supportive place?

I'm so looking forward to our collaboration!

With love and gratitude for all you are,

Sarah B