



THE ALIGNED ALCHEMIST LLC

AUSPICIOUS COMMITMENT

PURE ALCHEMY®

Between
Tandy Bowyer
Mentor & Certified Life Coach &

Client

In this magical commitment you will find everything from A to Z, which will be important for our successful collaboration. Take your time to read through everything calmly and with love.

Our Relationship

By signing this agreement, you give me your permission to Coach and/or Mentor you. Everything happens from a space of love.

I support you and accompany you on your way. To work efficiently and individually it is super important that you allow yourself to be open. This is a safe space. During our collaborative work a mutual agreement applies to not consume any kind of mind-altering drugs.

NOTE: A Coach does not replace a healthcare professional or a therapeutic treatment.

Duty to cooperate

You are responsible for the fulfillment and implementation of the agreed assignments. For all successes and failures during the coaching journey, you must also expose everything that is important for our work together.

Honesty & Appreciation

By entering into our coaching agreement, you give me permission to coach / mentor you. At times we may discuss subjects that are uncomfortable, and at times I may be very straightforward.

Please rest assured that anything I say comes from a place of love and I always focus on seeing your highest and truest self, and your full potential. That is what serves you the most.

Coaching is a formal relationship. The coach supports the client in achieving life goals. The client gains clarity and becomes more effective in realizing her goals. While this definition is true, I see myself as *more* than a Mentor Coach who is distant to her clients and whose clients may merely be a number.

My team and I support only a few clients at a time. We work in the most modern & professional way and with lots of love & care.

The more energy you put into it, the more impact will be created for you and for the world.

Honest, open communication. Opening our heart, mind, and soul is the basis for our coaching, always!

I advise being mindful about booking any further retreats, seminars, or coaching programs while we work together. As our work together is very deep, diving into additional processes might be overwhelming.

If you still desire to do so, let us talk about it and explore what serves you best.

If tasks and approaches are not pursued or implemented, without communication, and the obligation to cooperate is neglected, The Aligned Alchemist Coaching is free to cancel the contract. In such a case a cancelation agreement will be concluded, as we need 100% commitment for a Mentor Coaching Journey, a **refund will not be given.**



Meet your Coach

Tandy is a highly trained and qualified Mentor Coach and has over 16 years professional experience. Her approach is influenced by her trauma informed training to become a Yoga Therapist and being contracted with the Wounded Warrior Project and working in the Behavioral Health Unit in a local hospital. Her Coaching is characterized by her deep compassion for others.

She has supported women in various life situations, including loss of a loved one, attempting to reinvent oneself, holistic health, and wellness, feeling lost in life and love, fitness, divorce/separation, disconnection with family, using the ancient wisdom of yoga, and empowering women to take control of and create their best life!

She is constantly investing in herself with coaches, seminars, continuing education and maintains a healthy lifestyle. She loves her family and her dog!

Your Journey

I like to go deep. Coaching with me goes way beyond holding you accountable or sharing some theoretical models. I am all about enlightening insights and completely transforming your life.

To ensure you make the progress you desire, I only work with a handful of clients at a time. In between sessions, I am available all day from Monday to Friday and my team and I are dedicated to serving you and creating the life of your dreams.

The magic journey starts _____ and runs 2 (or 3 or 6) months with up to one weekly call. You are not paying for the calls; you are paying for the Mentorship over the course of 2 (or 3 or 6) months. Voxer support available for Mentoring.

*Inquire about the 12-month program.

Your Investment

The money value of our Coaching Journey is

\$6666.00 USD for my personally curated 3-month Coaching Sessions with up to one weekly call or

\$4444.00 USD for the personalized 2-month program.

*Voxer Coaching available for 1 Month \$1111.

The contribution is your investment in yourself as well as an appreciation for yourself and my guidance and supervision. You are worth it to invest for yourself, your goals, your visions.

Thank you for your willingness. Meanwhile this contribution reflects your “Yes” towards yourself and our Coaching and therefore is a guarantee for *your* engagement and the success of our Coaching.

Thank you for giving a gift to yourself!

Thank you for your “Yes” to yourself!

Thank you for seeing and recognizing me as well as the value of my work and therein supporting me, my family, and my Heart Business with your investment.

Payment

We agree on your paying the amount of \$6666.00 USD. By bank transfer via Square (link provided on site). Please transfer on time in appreciation of me, my family, my bills, and my time.

Pay in Full only.

Nourishing Conditions

I will be unavailable on Sundays. This time is important for my own self-care. I will check Voxer a couple of times a day and respond as soon as possible on daily (except Sun). In the event we need to reschedule a call, a 24-hour notice is strongly suggested to not lose that session.

Reflections

Please take some time after each session to journal your thoughts and insights, let what just shifted within you sink in. As powerful women, we always love to look at what we can create next. Reflecting and taking space to also look back or simply be present at what just happened may seem like its slowing you down. You are creating your future within you. Trust the process.

Connection

Our coaching sessions will be audio. Prepare for our call, take notes, stay hydrated, take a few deep breaths, jot down thoughts, reflect on how you are feeling, stay focused! Keeping a notebook or journal may be helpful.

More Powerful Agreements

Each one of us may reschedule a call for an important reason, for example, illness, illness of a child or vacation.

Please inform me as soon as possible. A missed call with no notice results in a loss of that call. I book in advance so rarely change call dates.

When rescheduling, please be aware that we intend to complete our 1:1 program by the time you can see above under “Your Journey”. Any session not taken by then counts as completed and will not be rescheduled.

We will keep this in mind when rescheduling calls.

We agree to be on time with our calls. If you are running late, I will wait 10 minutes. If you have not made contact by then, the call is canceled. These sessions count like any other session and will not be rescheduled.

Sundays are my restorative day and date days. I will get back to you on Monday after these days, fully nourished and ready to serve you!

In Love with Coaching

Coaching never ends with the closing of a session. It is limitless! Even more growth happens in between the sessions when everything sinks in and becomes part of your everyday life.

I am offering additional Coaching via Voxer for my Mentoring Clients. My clients have described this form of support as “priceless”.

This space is open when you feel like something cannot wait for the next session. You may have a question for example or desire further clarification. I respond as soon as possible.

Treat this space with conscience intention and at the same time feel comfortable sharing openly. Do not hold back. There is no need for perfection.

Also please share all insights, gratitude moments, and steps forward with me in this space. This is training you to focus on yourself and all the beautiful things happening in your life.

My work is to raise the bar in the Coaching industry and show up with integrity for every client.

Confirmation

Thank you for reading and acknowledging this agreement and all the details. By signing this agreement. You agree to all the terms mentioned above.

By signing this agreement, I also agree to what is mentioned above. I am looking forward to being on this wonderful, amazing, fantastic, exhilarating, loving, successful journey together with you!!

Date

Amazing Client

Date

Mentor & Certified Life Coach

APPLICATION

NAME:

PHONE:

EMAIL:

***AS A HEALER, I DO NOT HEAL OTHERS, THAT WORK IS ON YOU. I GIVE / TEACH THE TOOLS FOR TRANSFORMATION, HEALING TRAUMA, WELLNESS, SHIFTING MINDSET.**

WHAT ARE YOUR EXPECTATIONS FROM OUR COLLABORATION:

ARE YOU FULLY COMMITTED TO THE WORK YOU NEED TO DO:

DO YOU AGREE TO ADHERE TO THE GUIDELINES IN OUR CONTRACT, UNDERSTANDING THAT YOU COULD LOSE SESSIONS AND/OR YOUR INVESTMENT FOR NOT SHOWING UP:

***EMERGENCIES ARE EXCEPTIONS, SUCH AS ILLNESS OF YOURSELF OR CHILD OR ACCIDENT/INJURY.**

DO YOU UNDERSTAND OUR COACHING SESSIONS ARE NOT A SUBSTITUTE FOR MEDICAL ADVICE, PHYSICAL OR MENTAL:

THANK YOU!

PURE ALCHEMY® Guide for 2 & 3-Month Programs

Introductions

Application

Contract & Payment Link

Guidelines & Schedule

Human Design

Pranayama / Breathing Techniques

Regulating Nervous System

Meditation /Mindset

EFT / Tapping

Journal Prompts

Emotional Intelligence

Confidence / Worthiness

Aligning Chakras

Holistic Health / Nutrition

Wellness / Fitness

Aromatherapy

Raising Your Vibration

Leading Yourself

Clearing Blocks

Healing Wounds

Healing Trauma

Inner Child Work

Mother / Sister Wounds

Generational / Ancestral Wounds / Money Wounds/Q&A

