

PRIVATE LIFE COACHING SESSIONS (Short Contract)



INFORMATION & CONTRACT FOR PARENTS

Thank you for your interest regarding Tower Mindset Life Coaching Service.

Should you wish to reserve a regular Coaching slot for your child, please read this document, sign it, return it and make payment for the number of sessions you wish to purchase. This must be in advance.

Style and Approach of Tower Mindset Coaching:

As a coach I am generally non-directive in my approach. My intention is to create an ideal learning environment in which the student can explore their thinking, investigate ways of flourishing, and *identify practical steps to move towards* their goals. I can be challenging at times – good coaching can sometimes result in temporary discomfort, uncertainty, or unrest. It is my job to challenge a student ‘just enough’. Strategies I use will range from NLP, Clean Language and Tapping to games and simple conversations. I have an extensive skill set to provide a bespoke service for your child.

Practical Arrangements:

Coaching session can be accessed any time of day (school holidays) between 10.30am and 6pm. After school slots during term time are limited. Coaching takes place in a quiet, confidential space. Year 4, 5 and 6 slots are 30minutes. Older students can request an hour if preferred.

I do my best to see students on a regular basis and on the same day/time. Due to time limitations and increasing requests, it may mean (occasionally) session times change. Please work to your allotted time as there may be clients before and after you. If a different adult is collecting your child I would like to know that in advance (for safeguarding).

Please make sure that your child has the snacks/liquids they require if this is an after-school slot.

Please let me know if you would NOT like me to use Whatsapp to communicate with you re. session arrangements.

Confidentiality & Safeguarding:

It is wonderful when a child chooses to share their coaching discussions with loved ones, but please do respect their right to privacy as you support your child in forward action.

I will keep the contents of the coaching conversations confidential (I do not discuss specifics with parents), unless I believe there are safeguarding/safety issues. I work in compliance with County Council Safeguarding protocols.

Disclosure of Personal Information & GDPR

Life Coaching is *not* therapy (See Level 1/2 NICE Mental Health Steps Indicators). However, I frequently use NLP and Tapping. These are safe techniques. It would still be helpful to receive any relevant information about your child (medical, clinical, history, significant events, learning reports, neuro-diversity assessments etc.).

I keep all client notes securely and do not share any contact information with others.

Cancellation:

Cancellation or postponement of individual coaching sessions must be given with at least 48 hours’ notice otherwise the fee for the session may be incurred. IT IS VERY IMPORTANT that parents or students alert me to any events (sport/interviews/illness/appointments) that prevent them for attending. I will always do my best to fill sessions to prevent any penalty.

If you would like more information:

www.towermindset.co.uk

Fees:

The cost per 30 minute session is £35. You can book as many or few as you like. However, they need to be booked/paid for a week in advance. I recommend booking a package of 6 which will give you priority booking.

BACS: To be transferred at least 5 days in advance of your first session. I will not timetable students until payment has been made. Reference: **Account Number: 42710243 (private) Sort code: 600717 BANK: Nat West. Please reference with “your name”.**

More comprehensive information and contractual arrangements can be found on my website.

Please complete the details overleaf and return to me as soon as possible and I will be in contact with you very soon.

PARENT DECLARATION:

I have READ, UNDERSTOOD AND AGREE WITH this contract and will pay Jenny Tower (Tower Mindset Coaching) the sum of £_____ in order to reserve _____ number of coaching sessions for my child: _____ (student name)

Parent Representative:

Name of Student:

AGE:

Signature:

School:

Date:

Current Form Tutor:

CONTACT INFORMATION

NAME:

ADDRESS:

MOBILE:

EMERGENCY CONTACT (name & number):

ANY SPECIFIC PICK-UP ARRANGEMENTS:

IMPORTANT MEDICAL INFORMATION/DIAGNOSIS OR ASSESSMENTS THAT I SHOULD BE AWARE OF:

TOPICS OR THEMES THAT YOU THINK ARE PERTINENT FOR YOUR CHILD TO WORK THROUGH WITH ME: