

welcome to one heart. one hope. coaching

You are about to embark on a path to freedom. This can be an exciting time of personal growth and new discovery. As your Transformation Coach, I look forward to partnering alongside you as you allow the Holy Spirit to create change in your soul, so that you can take new steps toward healing and complete restoration from the inside out.



what coaching is

Coaching involves a relationship built on trust and mutual respect. It is an alliance that is designed by you and your coach to help you realize your full potential. Coaching helps you identify goals and, at its best, is a very collaborative journey to achieving those goals.

Life Coaching is popular today, and you have likely heard of that before. Life Coaching is for people who are basically well adjusted, emotionally healthy, functioning effectively, and want to make changes and grow in their lives, and it assumes that each person in the relationship is guided by his or her values and beliefs.

what coaching is not

Coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. Coaching is not a replacement for therapy, counseling, advice-giving, mental health care, psychotherapy, psychoanalysis, or substance abuse treatment and will not use it in place of any form of diagnosis, treatment, or therapy. The coach does not function as a licensed mental health professional.

one heart. one hope. provides coaching services with a goal to empower clients as they embark on a journey to personal transformation.

disclosure

- Your **one heart.one hope coach** is a committed follower of Jesus Christ, maintains and on-going personal relationship with Him, and seeks to live in accordance with this commitment.
- I am honest in revealing this information at the onset of our coaching relationship, so that *you* understand my commitment to respect the different values and beliefs of my clients.
- While my Christian experience of 45+ years has proven results, I will *never* seek to impose my values on another, proselytize, condemn, or refuse coaching services to those who do not share similar values and beliefs.
- I *will* be open to answer questions and assist clients in their exploration of God when asked.

coaching sessions may take the form of

- **Life Coaching:** Designed to address topics the client would like to consider. These could include (but are not limited to) time management, leadership development, business & career development, relationship enhancement, spiritual growth, creative maximization, health & wellness management, stress reduction, decision-making, and goal setting. – OR –
- **Freedom Coaching:** specializes in identifying places in your life that may be stuck. Through documentation of your life story and quiet inner reflection, the coach will help you find recurring patterns, navigate memories and places of pain, and align to the truth in every memory and place. Healing will occur as negative and painful thoughts are replaced with positive values and divine thoughts and exchanges that bring about *new* mindsets. Change will be made from the inside out, in preparation for the next step in your life.
- **Leadership Coaching:** offers tools to help leaders at all levels leverage and sharpen the leadership skills within themselves to maximize their performance and attain the goals they set to empower, equip, and encourage their team.
- **Trauma Transformation Coaching,**[™] combining both Life Coaching and Freedom Coaching, is a powerful way to provide an individual experience with **healing and restoration**. The pursuit of **transformation is a journey, not an event**, revealing God's full potential that was designed for you. Walking this path is truly about experiencing liberty and a life of freedom as heartache receives healing, and forward motion begins.

trauma transformation coaching™ sessions include

- Handling the memories of the traumatic incident/s in a safe, non-judgmental setting, unplugging the emotions surrounding the event and bringing healing to those memories.
- Discovering patterns of behavior and mindsets that could keep you repeating the same pattern over, and over again, causing you to be *stuck*.
- Participating in exercises that allow prayer, quiet reflection, forgiving yourself, and others,
- Seeing the situation from a Divine point of view,
- Identifying destructive life patterns, and
- Aligning with the truth from the Word of God, to receive and integrate new thoughts and mindsets that can aid in bringing transformation to your life.

what is a trauma transformation™ core freedom session?

With the help of Holy Spirit, we will uncover important details of your story and from the history of your family of origin we will identify reoccurring patterns where change may be sought. We will walk together through every place of your story that God highlights, including hurts, pains, challenges, & crises that you have experienced and bring the light of Jesus to every place there has been darkness.

Together with the help of Jesus, you will realize solutions to overcome these painful parts through forgiving and bringing new mindsets to each part of your story. By experience, freedom occurs quickly when a choice is made to allow God to show the better actions, attitudes, and mindsets that can move one forward in this journey.

expectations

There are no procedures with which you need to be familiar. If you have any questions regarding any of the Coaching process, we can discuss them further during our first coaching conversation.

God has great plans for you! Let's get started!



Statement of Confidentiality

Coaching is most effective when both parties are honest and straightforward in their communications. Our coaching relationship and all information discussed and/or shared during coaching sessions will be kept **strictly confidential**. Your willingness to be open will be treated with ultimate respect.

- I understand that information will be held confidential unless I state otherwise, in writing, except as required by law.
- I understand that Life Coaching, Leadership Coaching, Freedom Coaching, or Trauma Transformation Coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. I understand that coaching is not a replacement for therapy, counseling, advice-giving, mental health care, psychotherapy, psychoanalysis, or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment, or therapy. The coach does not function as a licensed mental health professional.
- I understand that certain topics may be anonymously and hypothetically shared with other coaching professionals for training, consultation purposes, or research.
- You have my permission to keep a confidential record of your name, phone number or e-mail address to meet the requirements for coach credentialing and certifications.
- I will not use coaching in lieu of or as a substitute for professional advice by legal, medical, financial, business, or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, or other matters.
- I am aware that I can choose to discontinue coaching with the proper notice as defined in the General Terms, above.

Client Signature: _____ **Date:** _____

*Tammy Young is the founder and creator of Trauma Transformation Coaching™, holding credentials from International Coaching Federation (ICF) PCC, credentialed with Kingdom Breakthrough Academy as a Certified NLP Practitioner, holds a Life and Leadership Coaching Certification from Destination Leadership, as well AG4 credential from Assemblies of God Coaching. These documents were created for **one heart. one hope. coaching services**.*