

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 Freedom 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.
- **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.

transformation coaching sessions include

- Discovering patterns of behavior and mindsets that could keep you going around the same mountain, 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 to expect in a core freedom sessions

In the first session, we will gather information by conducting a personal interview. After we have collected your story, and details 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.

After Core Freedom sessions are completed, weekly or bi-weekly appointments can be scheduled to continue a path of Life Coaching, including goal setting, establishing a plan of action, and determining accountability.

in person meeting

- Core Freedom sessions begin with a 3-hour session, as a personal history must be taken. Typically, it takes two 3-hour sessions for adults. Children may take less time.
- After the Core Freedom Sessions are complete **tune-ups** may be needed, and this can be done in shorter sessions, as the client feels it is required.
- Coaching sessions will be conducted in my private office for local clients.
- For distance clients, a Zoom video conference tool can be utilized
- **I will confirm your appointment the day before we meet.**

expectations

You are part of a select group of people invited to participate in a limited amount of time that I allot for coaching hours. I pray about the people who request my coaching services, and I value your time.

Rescheduling an appointment is easy with advanced 24-hour notice. If you have an emergency, we will work around it, however, it is important to take ownership and responsibility for your time, as well as mine. Missing an appointment without notice is considered a scheduled appointment, and an invoice will be issued for the scheduled amount of time missed.

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** (unless disclosure is required by law). Your willingness to be open will be treated with ultimate respect.

- I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.
- I understand that Life Coaching or Freedom 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 /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 practices Transformation Coaching, holding ICF accredited training in Life and Leadership Coaching from Destination Leadership. These documents were created for **one heart. one hope. coaching services.***



Consent for Coaching Services

This documents my consent for coaching services. I agree to provide payment for Core Freedom Coaching services, typically requiring 6-8 hours to complete, understanding that the process of freedom is a journey, not an event, and the process may be shorter or longer. After Core Freedom is completed, appointments can be scheduled to move forward in the transformational journey of freedom.

*In maintaining a professional practice that is built on trust and confidentiality, clients commit to extending the same to the coach by not sharing the materials, emails and tools received with others. The materials used in this practice are proprietary property of **one heart. one hope. coaching** and are only meant to be shared with clients actively engaged in a coaching relationship.*

I understand the hourly rate is calculated on a sliding scale based on my personal income (only mine, if single; combined income, if married), which is on an honor system. I review the Sliding Scale for Transformation Coaching Sessions document and report the hourly rate to be paid. Payment is required at the close of each session.

Client Name (print) _____

Signature: _____

Date: _____

Cell Phone No: _____

Email: _____

Coaching Services Provided by:

Tammy Young, MACM
Certified Life & Leadership Coach
Certified Freedom Coach

Note: Return the **signed, original** "Coaching Agreement" to Tammy, on or prior to the first session.