It is my strong belief that you already know your self and that when what you already know about your self is validated and recognised, you flower and open so you can truly live the balanced and fulfilled life you are meant to live.

Being your coach is a trust I honor deeply. It is my goal to be a collaborative partner in assisting you in your process of self-awareness and to celebrate you as you achieve the realization and manifestation of your highest potential and dreams.

As part of our contract, it is important to define certain things in terms of our working together. Our relationship and what we talk about is privileged information.

Please read the information below and keep it for future reference

Confidentiality: Our relationship is completely confidential; the content of our sessions and other communications remain private; they are between you and me (within the limits of the laws for privilege). You are free to share whatever you choose to share from our communications with anyone you so choose.

Time: We will begin and end our appointments on time, in honor of our commitment, unless we both agree at the beginning of a session to meet for a longer period of time, for a particular reason. Sessions are scheduled for one hour.

Scheduling: In our busy lives, each of us will, at times, need to change an appointment. I require twenty-four hours notice to reschedule, and I will work with you to reschedule within the same week. I will extend to you the same courtesy, and give you as much advance notice as possible if for some reason I need to reschedule an appointment.

If there is an emergency and you are unable to call ahead of time, I will attempt to work around it. Forgetting or missing our appointment does not count as an emergency and will be considered a paid appointment. I am honoring our relationship by setting aside a specific time for you.

Payment: The fee is $60.00 for a one hour session. To be paid at the time of our appointment. If requested, I will send out an e-mail notice, invoice or receipt of payment for your records.

In-between sessions: If you need to call me, please do so at regular business hours at 0403 947 836, unless there is an emergency. Calls between sessions are sometimes helpful for clarifying a direction or sharing successes. These calls should be kept to a minimum in order to respect our professional contract. If a call is short and clarifying, I generally do not charge for that time.

**My Role:**Since I am both a coach and a hypnotherapist, it is important that you understand we are defining my role with you. As your Coach, my role is to use my professional and personal skills, as a mentor, taskmaster, motivator, and sounding board, to help you get on track, stay focused, and to be accountable for your progress.

Coaching is not a substitute for psychotherapy, and if you or I feel, after or during working together, that psychotherapy is more appropriate for you, I will refer you to a licensed mental health professional to deal specifically with the kinds of issues you are facing. In my relationship with you, I am your coach not your therapist.

This means that I am working with you to guide you toward your stated goals and that I will see you and treat you as a collaborative partner not as a patient who needs to be “fixed.” In other words, our focus will remain on the present and future vision you have for yourself.

It is also imperative to note that in some situations, it is important to be aware of the use and possible consequences of the use of technology for there is a risk in using certain media such as the internet, mobile phones and cordless phones. If you use those to communicate with me, then I will assume that it is appropriate to continue to do so in my interactions with you.

I have read and understand this coaching contract and agree to its terms and conditions.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_