

## **Welcome to Lifting Limiting Lids Transformational Coaching!**

I am so excited to embark on this journey with you! This program is a breakthrough personal coaching journey. I anticipate the tremendous outcomes you will accomplish in this coaching program due to the laser focus on the areas you need most to achieve your goals. Sometimes, this process may be uncomfortable as you are charting new territory, and I request that you keep an open dialogue with me to share your fears, successes, and challenges.

### **The Mission of LLL's Program is . . .**

To create a supportive and enriching environment for clients to explore their limitations, break through any limiting beliefs that may interfere with success, and create a personalized road map to get them where they want to go. We will focus on the actions you control to bring you the results you want. This program will provide you with the tools, expertise, strategies, support, and accountability to take your life to the next level. Ultimately, your success or your failure in life is your responsibility. Where there is a personal responsibility, the future holds unlimited potential.

- No ideas are bad ideas; no questions are stupid questions. This is an environment for growth and learning.
- The only thing standing between you and success is you. The more you participate in the program, the more you will get out of the program.

### **Accepting personal responsibility includes:**

- Acknowledging that you are solely responsible for the choices in your life.
- Accepting that you are responsible for what you choose to feel or think.
- Accepting that you choose the direction for your life.
- Accepting that you cannot blame others for the choices you have made.
- Tearing down the mask of defense or rationale for why others are responsible for who you are, what has happened to you, and what you are bound to become.
- The rational belief that you are responsible for determining who you are and how your choices affect your life.
- Pointing the finger of responsibility back to yourself and away from others when you are discussing the consequences of your actions.
- Realizing that you determine your feelings about any events or actions addressed to you, no matter how negative they seem.
- Letting go of your sense of over-responsibility for others.
- Letting go of blame and anger toward those in your past who did the best they could, given the limitations of their knowledge, background, and awareness.

### **During your Private Coaching Program, you will receive:**

- Private 1-on-1 coaching consisting of weekly or bi-weekly phone calls for the duration of the time period of the particular package you invested in.
  - Please note 24-hour cancellation is required to reschedule your appointment. If you do not notify me more than 24-hours ahead of the appointment, it will be lost and forfeited.
  - The frequency of the calls can be adjusted as agreed upon between you and me.
  - I will contact you to schedule your calls or as otherwise agreed.

### Important Notes:

- Payment is required in advance for coaching. Payments are made in full upfront or monthly unless special arrangements are made. If there is a failure to pay, coaching calls will be suspended until payment is made current.
- You are responsible for calling my designated phone line or joining the Zoom room (or another arrangement) at the scheduled time. If you get a voicemail, leave your name and the number to be reached, and I will call you back as soon as possible.

Please sign and email a copy of this contract to Coach Wendy Hazel [wendyhazel@liftinglimitinglids.com](mailto:wendyhazel@liftinglimitinglids.com), or send it to 4910 Fall Brook Ln, Fort Wayne, IN 46835. While your payment constitutes a verbal agreement to begin coaching, we request your signed contract before your first coaching session.

### Important Cancellation Information:

Should a situation arise where the coaching contract is suspended, any recurring payments will immediately be put on hold. We will contact you about what needs to be done to close the contract effectively. We do not give refunds.

- If you have any questions or concerns, please email me at [wendyhazel@liftinglimitinglids.com](mailto:wendyhazel@liftinglimitinglids.com) or call 260-385-4923.

# COACHING AGREEMENT

## As your coach, I commit to:

1. **Provide you with the time: 45-minutes** (or another amount as agreed upon) of coaching for you during each scheduled coaching call, starting and ending the calls on time as much as possible.
2. **Maintain absolute confidentiality:** Keep the content of your coaching sessions strictly confidential unless given direct permission to use specific content.
3. **Maintain clear boundaries:** Avoid conflicts of interest, which would compromise the integrity of our coaching relationship.
4. **Be direct:** Provide direct, candid feedback, observations, and opinions. Your coach's commitment is to help you grow in all areas, not being nice and letting you off the hook. We are advocating for your success.
5. **Maintain focus:** Support you, the person, focusing on your highest and best interests at all times.
6. **Provide recommendations:** Assume no authority over your actions, providing recommendations only, which you may/may not implement.
7. **Refer when appropriate:** Provide referrals to other professional resources when appropriate.

## You commit to:

1. **Prepare.** Develop a plan at the beginning of each session and discuss all issues openly and honestly with your coach. Send your coach the completed Session Preparation Form no later than the night before your scheduled call.
2. **Engage.** Embrace the coaching process by being on time, prepared, present, and focused for each session.
3. **Prioritize.** 24-hours notice when canceling a session or forfeiting the missed appointment.
4. **Act.** Keep and "own" all your commitments and actions you assign yourself.
5. **Benefit.** Be responsible for gaining significant benefits from each session.
6. **Utilize.** Engage in your coaching calls each week, getting the most excellent value possible.
7. **Agree.** You agree to keep your agreements, respect our appointment time frames, and keep the coach informed of what is needed to keep you moving forward.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_