**INTEGRATIVE HEALTH & WELLNESS COACHING WITH CAROL BLATTSPIELER**

**with an Expertise in Orthopedics**

**Coaching Agreement**

Welcome aboard to Integrative Health Coaching! Congratulations, you’ve taken a major step towards creating a healthier life that is specific for ‘you’. We will partner as a team exploring your needs as it relates to your health and wellbeing. Unlike other healthcare providers, a health coach guides ‘you’ as the expert in making change that is lasting and sustainable for your everyday lifestyle. We will explore opportunities for change by balancing your needs and goals.

As a client, you will be very active in the process of change as you know ‘you’ best. As your health coach, I will listen, support, and guide you in a nonjudgmental manner while asking questions and walking along side you in this journey. Your ideas and thoughts are the groundwork that we build upon for meeting your goals. Pausing and reflecting as we go as if we were two kayakers alongside one another while paddling in tandem and getting closer and closer to our destination. We make progress one paddle at a time, yet we pause to rest our bodies and then continue paddling. As a health coach I am curious and interested in your honest feedback. This partnership works best when you are open with your opinions, thoughts and feelings as much as possible, remembering there are no ‘right’ answers. As your coach I will help you with accountability and meeting your goals and desires.

Our first appointment is a kickoff meeting in getting to know one another and helping me gain an understanding of what your needs and goals are for health coaching.

I am excited for our journey to begin, one paddle at a time.

**Health Coaching Structure:**

Coaching sessions can be in person, zoom, or telephone and also individually or in groups.

\*Zoom sessions are preferred and will meet once a week or every two weeks as you decide your preference. I will send you a link

24 hours prior to the appointment time via email. If a telephone appointment is preferred, you can call me for an appointment, 802-343-1351 or email me @ ironawakening.com.

\*Coaching by phone: call me at your scheduled appointment time (once we’ve set a date/time) at 802-343-1351. Hopefully we can start and end our calls on time, in honor of our shared commitment.

\*Your coaching sessions will last for 6 sessions each lasting approximately 45

minutes.

\*You will be given a Wheel of Health Self-Assessment to complete as intake prior

to your first health coaching session. Spend some time thinking about what you

want and need from health coaching before completing the forms. These forms

lay the foundation for future sessions together.

Your intro to health coaching is complimentary and will 30 minutes for you

to ask questions and decide if health coaching is for you.

\*Your Initial health coaching session will last 30-45 minutes and will include:

1. A description of health coaching

2. Discussion of your expectations regarding your coaching experience

3. Sharing your assessment of your current health and wellbeing

4. A vision of your wellness and looking ahead to what the next several weeks

And sessions might look like for you.

5. Start to think about goals/vision/creating action steps

\*Your 2nd health coaching session will be 45 minutes and will include:

1. Creating your goals/vision

2. Coaching involving your topic of choice (your #1 item you’d like to focus on)

3. Making a plan of action

\*Your health coaching sessions #3- #6 or more will be 30-45 minutes and will include:

1. Review success of previous session and what has worked for you

2. Challenges and roadblocks regarding action steps

3. Continued coaching around your topic of choice (this may change over time)

4. Continuing to make new plans and steps for action

**Expectations of the Client and the Coach**

**Client Responsibilities:**

**\***Be on time with each session and come with a clear agenda of what you would like to discuss in each session. Find a quiet space with few distractions for our session together.

\*Be engaged and be forthright with yourself; have an open mind to new perspectives.

\*Provide feedback if the coaching process is not working for you or you need to

take a different path. Never hesitate to share concerns we have not addressed.

\*Cancellations – I would appreciate a 24 hour-notice (unless an emergency arises). Please call or email/text me if you need to cancel or reschedule. We can be very flexible with changing/moving sessions as needed.

**Coach Responsibilities:**

**\***Be honest and direct in our communication; even when conversations are challenging.

**\***Be fully present during our sessions.

\*Be nonjudgmental, supportive, and confidential.

\*Focus on positive outcomes and results, while continuing to explore your vision,

motivation and values.

\*Explore any roadblocks for making progress while inviting the client to share what they are leaning about their change process.

\*I am available for a check-in email/text messaging between sessions. These can be helpful to check-in and for preparation for the next session. Please text me to alert me to an email you’ve sent (best way is text message to alert me).

**Payment/fee structure:**

Your introductory session in deciding whether health coaching is for you is complimentary.

You have the option of paying per session or for a packaged group of 6 sessions.

You will be asked to pay in full prior to each session if paying/session and ½ of the package price to be paid prior to starting your 6 sessions, the remaining ½ at your 3rd session. The fee for one session (independent from introductory free session) is $125/session. Packaged sessions of 6 sessions are $600. Scholarships and sliding scales are available. Additional compensation for referrals.

**Confidentiality:**

The coaching/client relationship is strictly confidential. I will not be discussing the content of our coaching sessions with anyone or tell anyone we are in a coaching

relationship without your written permission. The only exception is if you state you intend to harm either yourself or someone else, in which case, I would call local authorities to put protective measures in place.

**Waiver of liability:**

I am an Integrative Health and Wellness Coach offering motivational services and am not acting as a psychological counselor, therapist or medical provider. My approach is to help make lasting changes for ‘you’ that fit into your lifestyle. I cannot be held liable for suggestions or guidance offered during our sessions. Results are not guaranteed in coaching. It is your responsibility to define and carry out your goals.

Client Name/Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone number: \_\_\_\_\_\_\_\_\_

Health Coach Name/Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: ironawakening@gmail.com

Phone Number: 802-343-1351