



Dear

Welcome to Inner Light Recovery's Coaching Program. I established my practice in 2008 to help clients identify their path to reaching their personal goals. Many years in health care reinforced my belief that we are mind, body, spirit beings and that an integral approach to the client is essential. Acknowledgement that the client intuitively knows the path to wellness is a basis for my client approach and I respectfully support the client's own "Inner Light" to reach their goals and "recover/illuminate" their path. Please read below and initial each section.

I look forward to working with you.

Margaret

The Client

The client is an individual who wishes to access non-judgmental, holistic support to identify and reach their personal goals. Many people come to Inner Light Recovery to address stress management, health and wellness, personal growth, transitions and balance and healing. Stress is a significant cause for numerous physical, mental and spiritual forms of "dis-ease". Growth and transitions are a part of life and we all experience "seasons" similar to those in nature. Balance is not a static state but an ever changing multidimensional place where we find peace and grounding. I respectfully believe the client to be a unique, capable, and resilient human being. The client is expected to let me know what feels helpful and productive as well as what does not resonant with them. *Initial* _____

The Coach

The coach is a trained individual who provides a safe and supportive environment for the client. The coach creates the space for the client to lead the session and discuss issues by using powerful questions and open dialog. I provide a relaxed, fun and encouraging atmosphere for the client to discover the direction in which they would like the session to go to reach their desired outcomes. Please see my complete bio at www.innerlightrecovery.com to get an overview of my professional background. I follow the Scope and Standards of Practice for Holistic Nursing, the Nurse Coaching Scope and Competencies and the International Coach Federation Code of Ethics. *Initial* _____

Inner Light Recovery Coaching Session

The session is a safe place where clients have time to focus on issues/topics they wish to address. Each session is unique to the needs of that client and flows accordingly. Clients are considered the expert of their own knowing and identify specific steps they will take to reach the outcomes they have identified.

Occasionally, the client will ask for specific health care information. At that time, I will clarify that the client wishes me to put on my consulting hat and switch from my coaching role to an educator/consultant. This occurs on rare occasions because clients seem to want to spend the session enjoying the exploration of their own answers. Empowering clients to discover their own truth can be far more valuable than providing the answer. At the end of the session, clients will identify “field work” they wish to do before the next session by selecting the next small step in reaching their goals. I ask clients to “under promise” and set realistic goals. The clients provide feedback at the next session on the discoveries made by fieldwork. Coaching is an investment in oneself and a time to explore. Clients are fully responsible for the direction they wish to go during the coaching session.

Initial _____

Coaching is NOT

Coaching is not a substitute for medical or psychological diagnosis or treatment. The practitioner will not diagnose, prescribe, or perform medical treatment, nor interfere with the treatment of other licensed professionals. Coaching is not psychotherapy. It is always recommended that clients see a licensed physician for any physical and psychological ailments and inform all health care providers of their concurrent health care providers and modalities. *Initial* _____

Personalized Coaching Schedule

I commit to _____ sessions at a cost of _____ per half hour. Payment for sessions will be at the time of service by check if seen in the office. Phone sessions will be paid in advanced by check. I will provide 24 hours notice for cancelation.

I _____ have read and agree with all the above.

Client signature _____ Date _____

Coach signature _____ Date _____