# About Sheri’s Coaching Services

# Services:

* Comprehensive coaching; processes and tools for personal and professional growth and/or healing and restoration from emotional trauma.
* Coaching, which is not advice, therapy or counseling, may address specific personal goals, personal hardships/issues, business goals or general conditions in the client’s life or profession.
* I will be straightforward, ask questions and make requests, challenging and championing you in the development of your awareness and action plans, to restore peace of mind and wellbeing, to respond to your needs for here and now, to deepen your learning and forward action.
* As needed and agreed upon will refer you to counseling services in our team.
* Specific services are designed jointly with the individual.

# Fees:

* Regular rate per coaching session is **$155** for 50 min.
* Partners group rate per group session is **$70** for 90 min.
* Rate for Six Seconds Emotional Intelligence (SEI) Assessment and Reports range $30–100.
* As agreed to by the client, coaching session rate will be: **.**
* As agreed to by the client, SEI Assessment and report(s) rate will be: .

# Sessions:

* We will meet **via Zoom** for our sessions.
* Cancelling a session, please provide at least 24-hour notice.

# Professional Ethics and Standards:

* I follow a set of professional ethics and standards of conduct. I hold all information that you provide me and the content of our coaching calls in the strictest of confidence. I will not share information obtained from or relating to you without your expressed, written permission.
* For a copy of the ethical rules and guidelines, go to <https://coachingfederation.org/ethics/code-of-ethics>

# My Coaching Commitment

* I will think of you with unconditional positive regard.
* I will respect your perceptions of the world.
* I will be prepared and be present in the time we share together.
* I will create a safe space for you to feel vulnerable.
* I will honor your feelings, emotions, and thoughts.
* I honor the wisdom that is within you.
* I will acknowledge and celebrate your learning and successes, great and small with you.

# Client Responsibilities:

*I ask that you review the statements below and affirm by your signature below that you agree to them.*

* I recognize that coaching is not psychological counseling or therapy, financial or legal advice.
* I set the session Agenda and I am in charge of my own learning and growth.
* I understand that I am fully responsible for my wellbeing during coaching sessions, and I agree to speak up if something is not working for me or if I want to redesign our alliance.
* I am responsible for creating and implementing my own physical, mental, and emotional well-being, decisions, choices, actions, and results. In the coaching relationship, the coach plays the role of a facilitator of change, but it is my responsibility to enact or bring about the change.
* I understand that I am responsible for the results I produce out of the coaching partnership with Sheri. I agree to say “no” if a request, inquiry, or homework does not serve me.
* I agree to be honest with my coach and give my coach permission to be bold and forthright in all our interactions.

# Client Goals:

*Set by Client with guidance of Coach. Goals change over time, re-evaluate periodically as well as acknowledge accomplishments and successes.*