

COACHING WELCOME PACKET

“LIFE COACHING @ FULL DRAW”



ABUNDANT LIVING AT

Full Draw

“The thief comes only to steal and kill and destroy.

I came that they may have life and have it abundantly.”

John 10:10

Rev. Jackie Greene

GAP Ministries Inc.

www.gapministriespa.com/coaching

724.541.4875

Elim Fellowship Coaching Certificate

Welcome to Coaching!

I'm excited you are interested in life coaching. Coaching is a very powerful way to move forward in just about any area you choose. I'm looking forward to talking about the goals you are interested in working toward together, so that I can journey with you as you walk through any struggles, suffering and sorrows that you may be experiencing and step purposefully into victory and abundant life.

We have been created for a purpose and to live in the abundant life that Jesus came for us to have. You will be the one setting the agenda. I will come alongside you to combine the principles of coaching and mentoring with a Christian faith-based perspective. We will set meaningful goals, overcome obstacles, and align your life with God's purpose. You will find a safe and supportive environment where you can explore your faith, gain clarity, and take actionable steps towards a more fulfilling life.

I've attached the *What is Coaching?* document for you to review prior to our meeting. It gives an overview of what coaching is and how it functions. Second, I've attached the "The Target of Life". This is a useful tool in finding your bullseye and bringing clarity to the specific area you will begin with to focus on. We will review this information in our first session. In subsequent sessions, we will each time identify a focus, work through obstacles to bring more clarity, set measurable goals, review progress, and celebrate your pathway to a transformed life.

Please feel free to contact me with any questions that you may have. I look forward to a productive relationship!

In your corner,

Rev. Jackie Greene, Life Coach

What is Coaching?

A Coach is a Bridge Builder. Coaches help people move from where they are to where they would like to be – in essence building bridges to what could be.

What Happens in a Coaching Appointment?

Coaching starts with you choosing something you want to focus on. It could be a dream you want to move toward, a decision you want to make or possibly even removing a detriment that has been holding you back.

Here's a few things that are important to know about coaching:

1. Coaching develops a personal pathway.

A coach is responsible to be an active listener, a thinking partner and even an action step provoker, but a coach will not diagnose your situation or prescribe your solution. It's the coachee's responsibility first to choose the focus and then to arrive at the possible action steps that will move them on their own personal pathway toward their goal.

2. Coaching is a safe place.

Coaching is an atmosphere where you can share anything; in fact it works best that way. In a coaching session hopes and fears are welcomed. You can expect transparency from your coach and you can feel safe talking about whatever is on your heart.

3. Coaching is a supportive.

You may stick with your original goal or at times you may redirect and want to focus on something else for a session or a season. Either way, you are in the driver's seat. The coach

4. Coaching is an ongoing journey.

Just as you are not likely to build a bridge in one day, coaching is a journey. Your initial action steps may prove to be research that shows you need to approach your goal from another angle. Your original goal may shift to something similar or completely different. Whatever your journey, with coaching it will be intentional and forward movement will take place.

So, where do you want to go?

The possibilities are endless. You can build a bridge toward physical or financial goals, you can address limiting beliefs that have kept you stuck, you can move toward a dream, the possibilities truly are endless.

Coaching is building an intentional pathway to your preferred future!

“Coaching is unlocking a person's potential to maximize their own performance. It's helping them learn rather than teaching.” Sir John Whitmore

One-on-One Coaching Agreement

Coaching: As a client, I'm responsible for my life, and I'll make and follow through with my choices about what actions to take and what we will work on together. I'll consistently take the initiative with you in this relationship. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.

I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education, recreation, and spirituality. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.

I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals and I will seek the appropriate professional service for such matters.

Expectations: I understand sessions will be 50-60 minutes in length in person or via Zoom unless either is not available and we will use the phone or FaceTime. I will ensure that I am in a quiet, private space (not driving) with a good internet connection. (If there are others in your proximity, headphones are strongly suggested for privacy.)

I agree to come to our sessions prepared with my notes from our previous sessions, and some idea what I want to talk about. (Session prep forms are available at gapministriespa.com to assist.) If I am late, I understand that the missed time may not be added at the end due to other possible appointments scheduled.

Charges:

Discovery Call – 30 minutes FREE

Starter Package \$395 (6 sessions + text and email support)

Upgrade Package \$440 (8 sessions + text and email support)

Or \$70 per hour

All invoicing and payments are handled via Venmo, check or cash.

All sessions must be paid in advance or at time of appointment.

Coaching Intake Form

Welcome to life coaching! Please take a few moments to tell me a bit about yourself and your journey to this point. All information will be kept in the strictest confidence.

Name _____ Age _____

Spouse first name _____ Children ? _____

Where do you live? _____ How Long? _____

Tell me the top 3 life events that have shaped who you are:

1)

2)

3)

Finish these sentences:

When I was younger, I always wanted to

If I could change one thing about me/my life, it would be.....

I have struggled most in life with.....

To provide the best coaching experience for you, is there anything else that I should know?

What result will make coaching a great investment for you?

Scheduling: We agree to be diligent to be punctual for our meetings. If we do have to reschedule, we'll give each other as much notice as possible (24 hour minimum).

If I completely miss a scheduled appointment with no notice, I understand that I may be charged for that appointment. If I miss an appointment, I understand that it is my responsibility to contact Jackie and reschedule.

Jackie can be reached via call or text at: (724) 541-4875

Privacy: I understand that my information and my coach's notes from our sessions will be kept completely confidential, unless conditions dictate that my records not be

kept confidential (e.g. if required by law, pursuant to valid court order or subpoena; imminent or likely risk or danger to self or to others; etc.) In such cases, I understand that my coach may need to inform appropriate authorities.

I agree to allow my name, email, and the number of hours I have been coached to be recorded in my coach's log for credentialing purposes only.

Termination: Either of us can terminate this relationship at any time. If we do, we'll give each other at least one week's notice. (Because I believe it is in your best interest to complete your coaching journey, no refunds will be issued for unused sessions in coaching packages that have been purchased.)

By signing below, I indicate that I agree to all the terms in this agreement.

Signature

Printed Name

Date _____