

# Empowerment Coaching International

RESULTS FOCUSED • PURPOSE DRIVEN • WELLNESS MINDED

## ***ECI-Empowerment Guidelines for Effective Partnership***

Congratulations on making this powerful investment in creating the life you were born to live! I am truly honored that you have selected me to share your journey as your breakthrough strategist.

### **SERVICES**

The relationship you have with your coach is an empowered partnership. Strategic coaching is a highly interactive learning and teaching process which sole focus is to empower you to attain the results you desire. In order to achieve the results you deserve, you must do your part by following through on the commitments you make. These commitments include showing up for every scheduled coaching session and completing any action items that you have committed to between sessions. If, in fact, you cannot complete the agreed upon actions you must commit to coming to your scheduled call to learn about why you could not achieve these actions. In the past 20 years of doing this I have learned that all of my clients have gained magnanimous insight as to learning when/why they could not do something just as much as if they could complete the task.

### **CONFIDENTIALITY**

The coaching/client relationship is confidential. Anything that is shared with your coach, including information about yourself or others, is held in strict confidence. If, in fact, the coach needs to alter this confidentiality agreement the coach will notify the client immediately.

### **CANCELLATION**

The company has a 24-hour cancellation policy which is based on Eastern Standard Time. Much like a doctor's or dentist's office, if you reschedule more than 24 hours in advance, everything proceeds as normal. If you need to reschedule less than 24 hours in advance, or worse case, you completely forget a call, the call will be considered a completed session at the retail rate and will be counted towards your coaching plan.

### **SESSIONS:**

Per your contract, your coaching sessions are up to 60 minutes in length. To utilize your coaching to the fullest extent, make sure to call your coach promptly at the designated session time. If you call in late for your appointment, your session will still conclude at the original session completion time and will count as a completed session towards your plan. The coach and client will meet by phone, or in person if agreed upon in advance. The number to call for the coaching session is 843-408-0340. When conducting a coaching call, ensure you are doing it from an environment in which you will be able to totally concentrate and focus (free from interruptions). It is also important that you will

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have privacy (so you don't have to worry about anyone overhearing your conversation). It is imperative you say whatever you need to say (i.e., speak your truth).

Coaching is not therapy and you will not be doing any therapy as part of the coaching program. We define therapy as dealing with the past. Our focus in your coaching is on getting results in both the present and in the future.

## PREPARING FOR YOUR FIRST COACHING CALL:

Complete the Coaching Questionnaire and email to your coach at [empowermentcoachinginternational@gmail.com](mailto:empowermentcoachinginternational@gmail.com). You will also need to have a journal or notebook and pen available at all times during your calls in order to ensure adequate introspection and learning. The next step is to click on the link on the website to get your first coaching call scheduled. If, in fact, you need an appointment time that is not available please email me directly to that I may assist you in finding a suitable option.

Thank you for taking the time to complete these steps prior to our first coaching call as they will help you get off to a great start!

So looking forward to the amazing new life that awaits you!

Here's to your **BREAKTHROUGHS...**

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Coach: \_\_\_\_\_ Date: \_\_\_\_\_

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