



## You've got this!

Even if you are feeling uncertain right now, I have faith in you and I'm here to help.

### Key questions, so I have a sense of what to help with:

- Why are you looking for coaching?
- What is one thing you'd like to achieve together? How would you feel about starting work on that as our first topic?
- What have you already tried or thought of?
- What is holding you back?



### Expectations



We are going to do a lot of talking, sometimes about hard or embarrassing things. This is intended to be an environment free of shame. If you want to turn off your camera or switch to using the chat feature, you can. You do not need to make eye contact. You may have and use fidgets, including food and drink. It may be helpful for some types of coaching to show me what your problem literally looks like, especially if we are working on decluttering or physical organizing.

You will have assignments between sessions. This is to help you practice what we talk about so it can start helping you. If you cannot finish your assignments, that is okay—we'll talk about what happened.

We will have a shared document where we will record what we have talked about and what we hope for. We are the only two people with access unless you want to share it with someone else. We should put things here that are appropriate to store in Google cloud, and we will never put anything here that you do not want recorded. Certain topics may lead to us looking for other experts.





I am not a doctor, lawyer, financial expert, religious leader, or other specialized professional. You may need other experts in your life to help you, and we can work on that together.

Some of what we talk about will be emotional. It is okay to have and display feelings, and to swear or cry or tell jokes. It is not acceptable to be rude to each other, or to disparage other peoples' race, gender, age, sexuality, religion, or other protected characteristics.

Coaching takes time. You should feel more hopeful and have things to work on promptly. Lasting change will take weeks to months, which is why we have a set of sessions together.

**Requests, to help make our sessions more effective:**

Speak up! This is your time, for you. If you need something, say so. If you need to take a break, say that too.

Give me feedback. This is harder than it sounds, but like most people I get better if I know what is working and not working. I will not take polite feedback personally.

