

## Trinity Breakthrough Coaching, LLC

### Coaching Agreement

We look forward to working with you. We are deeply committed to helping you create and achieve your vision for your personal life and your career. Together we will explore what you want and what your natural and most powerful way of achieving that is.

There are two aspects to our coaching. The first includes the strategies and tactics and doing what we call the “internal work;” Identifying and updating the core beliefs and habits currently creating your life experiences.

The second aspect is what makes this sustainable while creating ever-growing levels of attractiveness. This would be attracting everything and anyone you want to have the life of your dreams. You are the greatest expert on your own life. We will help you to get in touch with that expert, your own inner coach. That part of you knows exactly what you want and gives you clues every day about what to do next. Working with your vision of what you want your work and your life to look like, we will use those clues to take actions that lead to extraordinary results.

By learning to pay attention to these clues, your attention will be drawn to people, things and situations. Your intuition and trust in yourself will dramatically improve your decision-making, timing and results. Your work and your life then become a very enjoyable and continuous treasure hunt with unlimited treasures. This includes accelerating your ability for effortless success and having more of what you want in your life. Having a clear Coaching Agreement establishes a foundation for our work together.

Coaching services are not in any way to be construed as, or a replacement for, psychotherapy, legal counsel, or medical advice. You are responsible for creating your own decisions and results. You agree not to hold me, or any company WE are affiliated with, liable for any outcomes resulting directly or indirectly from the coaching process.

#### **As your coach, you can expect me to:**

1. Be a partner in bringing out the best, the deepest, and the truest in you
2. Provide safety, encouragement, and support; an environment in which you can relax and explore
3. Respect the confidentiality of the agreements we make
4. Expand your view of what is possible and promote discovery of new insights
5. Give you input, straight feedback and operate as a sounding board
6. Listen carefully to what you say and ask questions that increase awareness
7. Be an on-going resource for you in accomplishing your intentions

#### **WE expect that you, as my client will:**

1. Cultivate a core honesty with yourself
2. Commit yourself to intentions that are truly meaningful and significant to you

3. Be open to my feedback and keep me honestly informed as to what is and is not working for you
4. Take ownership for your progress and your accomplishments
5. Take financial responsibility for your coaching time. If you are unable to give two days of notice for a missed appointment, you may receive your coaching via email exchange.

My philosophy is that you have the capacity and the inner resources to approach your current life situation in a way that transforms your ability to have more of what you want and with considerably less effort.

## **THE OPTIMAL COACHING EXPERIENCE**

Our coaching system includes up to 4 contacts per month. These contacts are approximately 30-4 minutes in duration. In between regularly appointed coaching sessions, we will use email "post-session recaps" and the Wellevation Community Group to enhance and anchor the benefits of your coaching. This will create a "journaling" of your success.

Please log into the [tbc-coaching.com](http://tbc-coaching.com) website to access your purchased program and to participate in the Wellevation Community Group.

On occasion, you may have an urgent question, request for feedback or want a confidential response to some situation where you don't want to wait for your next call. This is a "just in time coaching" where you can use email to get a timely response.

## **PRIVATE CLIENT ACCESS**

Everything we will be using in this coaching experience (tools, forms, schedules, documents, resources, etc) will all be housed conveniently on a secured and confidential "Private Client Website". Upon enrolling for the coaching experience, you will choose a unique username and password. At your convenience you may access this "Private Client Website" area to access, review and/or update the tools, documents, resources, etc that we'll be using through our coaching. We will provide you with the access information and further instructions once we begin coaching.

Through this Private Client Website we will provide you with a specific tool to support you in preparing for your coaching sessions so you can leverage every minute we spend together. We will also provide you with another specific tool to support you after our coaching session is

complete; this will keep the coaching going into your everyday life. And in between each coaching session you will have access to us via email and a Client Log tool so that at any time you have questions, become stuck or care to share victories we are available to you.

## **THE SYSTEM OF CONFIDENTIALITY**

The Coach represents, warrants and agrees as follows:

All information provided by the Client to the Coach during the course of the coaching relationship will be deemed “Confidential Information” and kept strictly confidential unless otherwise agreed in writing. The Coach will not disclose any communications, either verbal or written, that have taken place either between the Coach and the Client or with regard to this Agreement without the prior written consent of the Client.

This confidentiality restriction also applies to testimonials, which the Coach may use for promotional reasons only with the consent of the Client. The Client may request anonymity in connection with any testimonials to be used.

Notwithstanding the foregoing, “Confidential Information” does not include information that is:

- (a) previously known to the Coach prior to discussions regarding this Agreement, free from any obligation to keep it confidential, or
- (b) publicly disclosed by the Client either prior to or subsequent to the receipt by the Coach of such information, or
- (c) independently developed by the Coach without any access to Confidential Information, or
- (d) rightfully obtained by the Coach from a third party lawfully in possession of Confidential Information who is not bound by confidentiality obligations to the Client.

The Coach may disclose Confidential Information if required to do so under applicable law, rule or order; provided that the Coach, where reasonably practicable and to the extent legally permissible, provides the Client with prior written notice of the required disclosure. The Coach will return, or at the Client’s request, destroy, all copies of the Confidential Information in the Coach’s possession or control upon termination of this Agreement.

## **THE SYSTEM OF MONEY**

The total of our coaching agreement is based on the program you choose.

You have two choices as to how you pay for these services:

### **PAYMENT OPTION A: Pay In Full**

With this option, the total amount of the agreement is due at the beginning of our coaching agreement. If you pay in full you will receive one month free each year. With this option the agreed upon annual payment would be made via PayPal or credit card and automatically processed each year by our office on the date that the program was purchased. The total annual payment would be based on the selected package offering (Basic, Standard or Premium package).

Additionally, when a client purchases the “ELI Assessment + Debrief Session (whether a la carte or in the premium membership), services will be rendered within the first 2 months of purchase.

### **PAYMENT OPTION B: Pay each month**

With this option the agreed upon monthly payment would be made via PayPal or credit card and automatically processed each month by our office on the date that the program was purchased. The total monthly payment would be based on the selected package offering (Basic, Standard or Premium package).

Achieving the life of your dreams is at least a one year process. We commit to the price above for one year and you commit to staying in the process for at least one year.

This program is about you taking positive action to develop a powerful foundation on which to simplify and manage your life. If you participate fully, you'll get the kind of results outlined. If you do not show up for the calls or follow through on the commitments we've made together, the only guarantee is that it will not work for you!

If you are ready to experience the results you want in your life, check the box that states that you accept and agree with the terms and conditions on the purchase page. You'll then be prompted on how to get started.