



I believe that it takes a commitment from both the coach and client to make great things happen! I ask you to commit to yourself and to me so that we can do this work together! This allows the coaching relationship to develop and for real progress to occur.

FEES: My coaching fee is charged via PAYPAL. I am also available through email to respond to your triumphs and challenges as they happen if you would like!

Policy for cancellation: If you know you need to reschedule a coaching call- please do so 24 hours prior to the call via email- otherwise the call will not be rescheduled and you will be charged. I do allow one “grace” missed call- as I know that we are all human and can make mistakes. Obviously, if you are acutely ill or there is an unforeseen emergency we can work things out to reschedule.

CALLS: I will call you at the specified time, unless we make other arrangements. If you are expecting my call and do not hear from me you can try me at 218-310-6511 or 218-724-8812. I also ask that you come to calls prepared. This assures that you we will make the most of each and every session! Being prepared means simply jotting down a few thoughts on how the last week "went", any news to report and what you would like to get out of the call today.

I strongly suggest **getting a notebook** (or even better- a three ring binder with loose leaf paper) that you have in hand while we talk. Its really nice to write down new thoughts, ideas and possibly to do a bit of homework. It also can give you a record of where you begin and chart your personal progress. In addition, it's a great place to stash exercises I may give you or information.

Problems? If things are not going as you expected or if I have said something that upsets you or does not feel right- please let me know. **My objective as your coach is to be fully transparent, authentic and open.** Sometimes with phone calls -we lose those visual clues (facial expressions etc). Please let me know if anything needs clarification or something does not feel right.

I, Sarah Seidemann agree to serve as your coach and partner with you in identifying your personal and/or professional goals and assisting you in getting clarity on what you would like in your life. As your coach, I cannot guarantee results- it is up to you to be committed to creating change in your life through thought, word and often action.

During our calls I will commit to being completely focused on you and the conversation. I may not be instantly available between calls- but if you email me I will make every attempt to respond within 24 hours.

I am a coach and in this coaching relationship I am not acting as a physician or psychologist. If issues come up that I feel should be handled by a licensed therapist or psychiatrist, I insist that you must take care of those things by contacting and seeing the appropriate professional.

This coaching relationship is powerful, unique and sacred. I will bring attentive listening, understanding and a belief and commitment to your success. You can expect me to challenge you, offer fresh perspectives, cheer you on and guarantee your confidentiality (to the fullest extent of the law- and if I do not fear for your or an other's safety.)

If you agree hit return and type “ I read this Coaching agreement and I agree “ and resend back to me.