



**HELLO AND CONGRATULATIONS!!** Yay!! I am so thrilled to have the opportunity to work with you. I have found coaching to be such a powerful thing in my own life and I can't wait to share it with you. Here are just a few housekeeping things.....You will see attached are 3 items.

(1) **Coaching agreement** (it states what coaching is and what it isn't, all about my responsibilities and yours)

Please read it over and if you agree- just reply to this email by saying "I agree to the coaching agreement"

(2) **A PayPal Invoice** (unless we have elected another way to make payment)

(3) **Your Pre-work-** which is due 4-5 days before our first session- so I have a chance to review it (:

You can fax this to me at **855-400-5644** or if you like, you can save the document as a "word" file and email it to me at **[sarah@followyourfeelgood.com](mailto:sarah@followyourfeelgood.com)**

I think it's really nice to have a dedicated notebook or three ring binder for coaching- so you can add your notes to it and keep track of any tools/homework etc. It's also really fun to look back at later when you have created some transformation in your life.

Also- please know that if you have a brief question/challenge or want to report some success, you can always email me and I will make every attempt to get back to you within 24 hours(:

I cannot wait to get started!!

Authentically, **SARAH**