



COACHING GUIDELINES & AGREEMENT

Thank you for choosing me as your coach! I look forward to working with you, and I believe our time together will be very positive and productive.

The following guidelines outline both of our responsibilities in this incredible coaching relationship.

Terms of Coaching: Holistic Life Coaching is not about fixing a problem or improving a certain situation in your life. Creating a life you'll love from the inside out is the objective of Holistic Life Coaching. It's all about transforming what no longer serves you well and replacing it with assets that will benefit you for the rest of your life. It's about transformation.

Transformation means dissolving negative, destructive thought patterns and feeling habits so you can make more conscious, rewarding life choices. And you can start feeling *the way you actually want to feel*: happier; more empowered and creative; and more at peace with yourself and the world around you. It also means learning to take good care of yourself in ways that generate a healthier mind/body experience.

As your coach, I cannot guarantee particular results. I can, however, tell you that the time and effort you invest in your own highest good will always be fruitful. You will find results within yourself and in changing circumstances, as you move through the transformation process and develop the self-mastery practices I will teach you. While some people achieve remarkable levels of positive change in a very short period of time, the deeper levels of growth and transformation usually take several months to develop. Depending upon your level of commitment to positive change, you might want to continue Holistic Life Coaching even longer.

Each client is unique, which means you are unique. I promise to bring all my skills and abilities to our coaching relationship and to do it in a way that is specifically ***tailored for your journey***. I hope you will stay dedicated to your transformation processes for as long as it takes to achieve the profound change you want for yourself and your life.

Fees: Fees for individual sessions are payable within 24 hours prior to your scheduled appointment. For coaching packages (which are offered at a discounted rate), I will send you an invoice that must be paid in full prior to your first scheduled appointment (unless we have mutually agreed to an alternative payment arrangement). ALL

COACHING PACKAGE PAYMENTS ARE NON-REFUNDABLE unless the purchase is cancelled prior to the first scheduled appointment.

Procedure: Your coaching sessions will take place via video conferencing on Skype or FaceTime (unless you live in the Corpus Christi area and we have arranged for in-person sessions). My Skype name is sloan.rawlins. Each weekly session lasts approximately one hour. Sessions may occasionally run longer, in order to complete the element we are working on in that session. At the end of each weekly session, we will discuss the practices and exercises you can do during the week to make the most of your coaching experience. Also, I will occasionally provide you with pdf handouts and/or consciousness training videos that can help accelerate your personal growth and transformation.

Appointment Changes: If you need to reschedule a session, please notify me at least 24 hours before your scheduled appointment time. FOR COACHING PACKAGE clients who need to cancel a scheduled appointment, I will make reasonable efforts to accommodate a makeup appointment for you within the same week of cancellation. If we are unable to schedule a makeup appointment in the same week, that session will be skipped without refund of any portion of the discounted package payment(s). *In the event of an actual emergency, special accommodations can be made.* If I am unable to attend a scheduled appointment, I will provide you with 24 hours advanced notice as well (unless an emergency requires shorter notice). For coaching package clients, any appointment cancelled by me will be made up during the same calendar month (if not the same week).

INTERIM SUPPORT (Between Sessions): [Please feel free to email me at sloan@getrealconscious.com](mailto:sloan@getrealconscious.com) or call me at 469-301-1844 if you have questions or need additional support between sessions. *It is my goal for you to feel fully supported during our coaching relationship.* I will make every effort to respond to you as soon as possible. Please understand, however, that I do have other responsibilities; and I may not always be able to respond immediately. However, I generally respond to all messages (emails or calls) received prior to 8:00 p.m. within 3 hours.

AGREEMENTS

Coach

I agree to provide you with my best coaching services.

I promise to dedicate my full attention, energy, and abilities to you during our sessions and to do my best to provide you with a positive and productive coaching experience. I will take a stand for your happiness, your personal growth, and your positive change. And I will always be supportive and encouraging.

You can also expect me to maintain strict confidentiality and to guard your privacy (to the fullest extent allowed by law and as long as your physical safety or others' is not in danger).

Client

I am dedicated to creating positive change in myself and in my life. I am determined to make the most of my coaching experience. I am ready to take back my power and to live a more fulfilling life.

I accept full responsibility for myself, and I know I have a choice to accept or to reject any suggestions or ideas my Coach offers me. Any actions I take that might result from coaching are my own choices and responsibilities.

I am healthy enough to participate in coaching. I am not aware of any condition, physical or mental, that would interfere with my participation in Holistic Life Coaching.

I am financially able to pay coaching fees, and I will notify my Coach immediately if I become unable to pay coaching fees. I have read the coaching guidelines and understand that appointment cancellations may not result in rescheduled sessions. I agree to respect and comply with the notice requirements for rescheduling appointments.

I have read and agree to the Coaching Guidelines and Coaching Agreement set out above, as well as the disclaimer located on SLOANRAWLINS.com. I understand that Sloan Rawlins is an intuitive guide and Holistic Life Coach, not a healthcare provider or licensed counselor. I also understand that any insights, advice, or information provided to me by Sloan Rawlins during coaching sessions are not intended to diagnose, prescribe, treat, or cure any disease, physical or mental.

Client;

Coach; Sloan Rawlins