



**Quiet your mind. Sharpen your focus. Ride to your peak
performance**

Lorikimmerlycoaching.com

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As we begin our work together, I invite you to spend some time with the following questions. Some of which will be easier to answer than others. Our progress will reflect as much about the quality of your work, reflection and willingness to explore as it will be about me being a good coach.

Your contact information:

Name _____

Email address _____

Mailing address _____

Your occupation _____

Your date of birth _____

Your couple status _____

My job as a coach is to help you identify and refine what you want to create as you move forward as a rider. Along the way we may also identify what is limiting and needs to stop (or be unlearned), and what you want to keep and maintain. As we collaborate on those things, I will keep an eye on your big picture goals as well as your weekly progress. We will work in a fairly focused and steady way a quarter at a time.

What have been your 3 greatest accomplishments to date:

- 1.
- 2.
- 3.

What do you see as your “craft” or an area of true mastery?

What is something important you hope to figure out in the next three months?

Who are the people in your life that track with you? (Key friends, family, colleagues, stake holders?)

Would you be willing to let these people know what you are working on and want to change or create? (Their occasional feedback and encouragement will likely be useful)

Coaching will help you to focus on your present and your future. As we work together to sculpt your next chapter we will explore your core motivations.

Your character strengths:

I have a brief inventory for you to take as we get started together. It will help us both to understand some of your greatest resources. “The VIA Survey of Character” is a free, well researched questionnaire that will help you to identify your integrated top five “Character Strengths”. Because this is part of a research project, you will be asked to register, but they won’t spam you. Click on the VIA Survey button to begin. After you’ve finished the survey, copy your top 5 character strengths into the list below. As we work together, I will ask you to keep your top 5 character traits top of mind.

- 1.
- 2.
- 3.
- 4.
- 5.

Some important small print

Though I am a licensed marriage and family therapist (LMFT), our relationship is exclusively a coaching one with my goal to help you focus on strategies to reach enhanced performance and personal satisfaction. Our coaching relationship is specifically designed to avoid the power differential that can occur in psychotherapy. As your coach I will be both direct and challenging.

Paying for coaching

Coaching is a significant investment in time and money. I work with most of my clients for six to twelve months as they create sustainable change.

As we launch our work together, we begin with an extra long meeting (about an hour and fifteen minutes, regular sessions are forty five to fifty minutes). During the first meeting we begin to get an overview of your goals and focus that we’ll work on over the coming months. Every quarter I plan on five to ten hours of face time (or phone time) together. Since much of your work is designed to happen between our meetings, your payment includes all check-ins via phone, text video analysis and email. When I see an additional resource that I believe would be useful to you, I’ll bring it up.

The cost of each session, excluding the first one, is \$75.00, with an initial session being 125.00. We will customize from there. I meet with most of my clients two to four times monthly and most people pay by the session or by the quarter (up to 10 hours). Included in what I charge is the phone, text or email contact between meetings to track with you. You can pay via cash, check or charge.

Cancellations:

When we book time together that is time reserved for you. My practice is to ask for a day's notice if you have to cancel. If something urgent comes up, please leave a voicemail or text me. If you don't show up for a scheduled session, I'll call you. We can always meet by phone if necessary as well. If you don't show up or contact me, and if I can't reach you by phone, I'll charge you for the session. And if I don't show up or contact you, the next session is on me.

Confidentiality and non-disclosure

As your coach, I will do all in my power to keep confidential all communications between you and me. Communication by email and phone may not be secure. I will be rigorous about [The International Coach Federation Code of Ethics](#).

Resolving differences

I want you to be really satisfied with our work together. If, at any time, you feel that your needs are not being addressed, or you are not getting what you want out of our work together, I'll trust you to tell me so we can problem-solve. We will discuss your needs and concerns, make appropriate adjustments, and continue to work on the goals you define unless you are ready to stop, which we will do whenever you ask.

- Please check here if you would be willing to be contacted as the ICF verifies my time spent coaching with you (they will not ask you anything about the content or outcome of our sessions).

Sign here

Your signature _____ Date: _____

Your coach _____

Lori Kimmerly

That's it. Thanks for your thoughtfulness and reflection with which you've reviewed these questions. You've just taken a step toward identifying your opportunities and outcomes, your obstacles, your assets and strengths. Please make a hard copy of this form for yourself and email or fax one to me prior to our first session.

I'm looking forward to our work together!!

Your coach,

Lori Kimmerly
Lorikimmerlycoaching.com