

Intention of Wellness Coaching

To move the coachee(s) through the process of SEEing, Creating, and Living the Alternatives to their current habits, behaviors, and lifestyles.

Coachee Agreements for Wellness Coaching

I will be coachable. I will be open and curious about what is possible for my wellness [and others when on group call]. I understand that my coach will ask more questions and give few answers.

I will be responsible and accountable for my own wellness, my own behaviors and communication.

I will call my coach on time for my session. I will communicate if I am unable to make the call on time. [This includes group calls.]

I will do any assignments given by my coach.

I will communicate any issues with coaching or modules directly to the coach.

I will take the view that the modules and coaching work and that I CAN create sustainable lifestyle modifications and BE WELL!

For group coaching - I will maintain confidentiality of my group. I will co-create a space of community, openness, and honesty. I will be succinct in my sharing and questions. I will not cross-talk and will only talk to another participant if the coach asks if there is someone who would like to offer feedback. I will put my phone on mute when I am not talking.

Coach Agreements for Wellness Coaching

My Coach will keep all conversations confidential.

My Coach will hold me accountable to my promises from previous coaching session and to these agreements.

My Coach will be available on time for session.

My Coach will coach me according to the SEE, Create, Live the Alternatives Model.