

Coaching Agreement

Welcome!

Thank you for choosing ***Arriving Life Coaching***.

Coaching is a sacred partnership, and it is an honor to walk alongside you as you journey toward clarity, growth, and becoming who God has called you to be.

Arriving is not a finish line—it is a process of intentional steps, surrendered moments, and faithful obedience.

This agreement outlines how we will work together, establishes mutual expectations, and ensures clarity and alignment as we begin.

How We Will Meet

Coaching sessions may take place by telephone, video conference, or in-person, depending on the package you select and your preferred meeting format.

Sessions are typically scheduled monthly, based on the number of sessions purchased.

In addition to scheduled sessions, email coaching support is available between sessions as needed.

You are encouraged to submit a brief session agenda prior to your coaching call. This allows you time to reflect, pray, and clarify what you most want to focus on during our time together.

Coaching Fees

All coaching fees, packages, and session options are listed in the Products & Services section of this website.

Payment

Payment is due at the time of booking through the website. Multiple payment options are available.

If you participate in an Employee Assistance Program (EAP) that provides reimbursement for coaching, I am happy to provide a statement for submission upon request.

Changes & Cancellations

Your coaching sessions are a dedicated reservation on my calendar, intentionally set aside for you.

- Please provide **at least 24 hours' notice** if you need to reschedule.
- I will also provide as much notice as possible should I need to reschedule a session.
- **No-shows or cancellations with less than 24 hours' notice will incur a 50% session fee.**

Thank you for honoring this time and the commitment we are making together.

Initial Coaching Period

Transformation takes time. To ensure meaningful progress, a **minimum commitment of four (4) coaching sessions** is required for all new clients.

For deeper growth, transition seasons, and sustained accountability, **six (6) to twelve (12) sessions** are strongly recommended.

After the initial coaching period, you may extend your coaching relationship as long and as often as you choose.

Confidentiality

Trust and safety are foundational to the coaching relationship.

All coaching conversations are **confidential**, except in the following circumstances:

- You provide written authorization to release information
- There is an expressed intent to harm yourself or others
- Disclosure is required by law

Your story, reflections, and faith journey will be honored with care and integrity.

Coaching vs. Counseling

Coaching is **forward-focused**, faith-centered, and action-oriented. Through the Arriving framework, coaching helps you:

- Clarify vision and purpose
- Identify internal and external obstacles
- Strengthen spiritual awareness and personal responsibility
- Align decisions with biblical values
- Take intentional steps toward growth and transformation

While past experiences may be discussed to bring clarity to the present, **coaching does not focus on healing or resolving past trauma.**

If unresolved emotional pain, mental health concerns, or trauma are interfering with your ability to move forward, **professional counseling or therapy may be more appropriate.**

A helpful guideline:

- If your past is an active wound, counseling is recommended.
- If your past is a reference point and you are ready to move forward, coaching is likely a good fit.

Coaching and counseling may be pursued simultaneously, provided each serves a distinct purpose.

Coaching vs. Consulting

As your coach, I do not “fix” problems or take ownership of outcomes. **You remain responsible for your growth, decisions, and results.**

My role is to:

- Ask powerful questions
- Help you discern God’s direction
- Support clarity, accountability, and alignment
- Create a safe and consistent space for growth

Consulting, by contrast, involves providing specific expertise, strategies, or deliverables for defined projects.

If consulting services are appropriate, they will be discussed and contracted separately.

Coaching vs. Mentoring

Mentoring guides someone toward a specific path based on the mentor’s experience.

Coaching honors **your unique, God-ordained path.**

I will not tell you what to do. Instead, I will help you uncover the wisdom, strength, and calling God has already placed within you.

My role is to serve as a catalyst, helping you arrive—step by step—into deeper alignment, purpose, and obedience.

Faith-Based Foundation

Arriving Life Coaching is rooted in Christian values, prayerful discernment, and biblical principles.

While coaching respects individual beliefs and backgrounds, sessions may include faith-based reflection, spiritual insight, and Scripture when welcomed by the client.

Closing

It is a privilege to walk with you during this season of becoming.

Thank you for trusting me with your journey. I look forward to supporting you as you take intentional steps, surrender moments along the way, and continue ***Arriving***—one faithful step at a time.