

RULES OF THE GAME

What are the Rules of the Game? Our agreement on how we are going to explore this holistic process together. They are important. By agreeing to this coaching process, I want you to know what rules I play by so we are on the same page. They may seem obvious to you, but it is important that we both agree to them to create a container of safety, mutual respect that is conducive to transformation. Many of us who have been deeply traumatized did not get this opportunity. It is important that we acknowledge these agreements and follow them as part of our process.

1. No matter how you feel show up for our mentoring/coaching – it is YOUR BEST interest. YOU will be given the same scheduled time every week for the duration of your coaching. If you need to change it, I need to know as soon as this change takes place. I typically need 24 hours' notice for cancellation – if not, there may not be a make-up session. I have the right to refuse to coach you when you change the appointment if the reason is not legitimate, (*i.e., accident, sick child or emergency etc..*)
2. Always, always tell the truth (even if it is uncomfortable). Being authentic is the only way to access the deepest and clear the deepest issues.
3. Always do your homework that we agree to. This will include a plan, and a focus sheet with homework that is designed for introspection and growth. If your homework is not completed I have the right to refuse coaching. As part of the coaching I will ask you to keep a personal journal. There will be assigned and additional reading materials, podcasts and resources to be completed on your own time. You will be expected to attend all my events (unless we agree otherwise).
4. You must keep a physical binder with all of your printed homework assignments (or photos or scans of journaling if I ask for them) + send you must send me a weekly copy of everything you are working on so I can also keep a binder on my end.
5. Homework and assignments must be submitted **no less than 24 hours** before coaching call and **no more than 48 hours** before the meeting unless we discuss otherwise.
6. If and when you need “assistance” or have a problem you need help with – send me a text that says “Do you have some time to go over something” or “I need some help with something”- unless I am otherwise engaged in sessions or unavailable because of work, a retreat, courses or traveling – I commit to get back to you within 24 hours to schedule a time to talk. In the meantime, I need YOU TO COME UP WITH 3 WAYS TO SOLVE YOUR CIRCUMSTANCE. My job is to be your training wheels to empower you, not for you to be dependent on me.
7. Have fun, enjoy the experience. Have an expansive relationship with your process. We heal faster through expansion than contraction.
8. Promise to nurture yourself throughout the process... It is vital to healing to be deeply compassionate to self.
9. Agree to disagree – There will be times when we may reach an impasse. It happens. We will agree to revisit the discussion and I ask you to sit with what I have offered even though it may not make sense to you at the time.
10. We will only work together with and through loving kindness, mutual respect and supportive energy.
11. No matter what, I expect your BEST EFFORT AND BEST ATTITUDE and You will have mine.
12. I will not share the intimate details of any of your session with anyone without your consent. I may refer to dynamics that I have experienced with other clients to assist, but I want you to know that ANYTHING we speak of remains between us unless you decide otherwise. Safety and trust are vital to the process.

The Coaching Package includes:

1. An introductory exploration or planning session to go over the materials, ask questions and be clear on the process. We will lay down the foundation for the process moving forward.
2. Regular 90 min calls depending on your program (throughout the course of your coaching window). unless we agree otherwise. I will record all of these sessions through ZOOM conference calls and make the recordings available for you to access on Your Coaching Portal.
3. Your private Coaching Portal is ONLY accessible while you are an ACTIVE MEMBER of the Relation SHIFT Academy unless we agree otherwise. Without a membership you will not have access to your portal.
4. 9-5 pm access to me via text or email. I am here to mentor you. But I am also here to empower you (refer to # 6 in THE RULES OF THE GAME) I make take you to 24 hours to respond to a message.
5. We can also design a personalized meditation practice, unique to you that we will create depending on your already existing practice. I may offer some other alternatives that dove tail with what you are already doing.
6. Free access or discounted fees to most webcasts, online programs, in-person events, videos, one-day retreats, events and material. (some programs I may require you to pay for outside of this structure due to the nature of the agreements with different local establishments). For example: Yearly immersive retreats or combined events with other practitioners may not be included.
7. Access to the UNLIMITED Relation SHIFT Academy Membership for \$1 per month (charged to your credit card) during your coaching window. After the Coaching window is complete the subscription will automatically revert to the regular UNLIMITED membership pricing.
8. Lifetime access the Conscious Collective Private Facebook Page (as long as you are in compliance with the group rules).
9. After our coaching slot is complete, I reserve the right to discontinue coaching with you. The next coaching window is not assumed. We will always discuss and confirm the next step in the process.
10. You will have access to a collection of my copyrighted coaching materials, videos, PDFs and e-books. Please do not share these materials. In many cases you a getting access to unpublished content from future books and other coaching programs so ask that you do not share the materials publicly.

I have read the document and I agree to all these terms and conditions for my coaching program.

Signature: _____

Date: _____