Having a Personal Coach is a partnership offering deep insight and practical tools for change, growth, and understanding to achieve the results you want in your life.

**Personal** **Coaching Package Includes:**

* 10 – 60 min coaching sessions – 1 session per week
* Unlimited email or text during the sessions (some responses can take 24 – 48 hours)
* Regular check-in between coaching sessions

***(Note: all sessions are personal and confidential. All sessions offer tools, coaching and education purposes only it does not constitute therapy or counselling).*** Any changes to the scheduled times must be made at least 24 hours in advance. Acceptable notification methods are by phone-call, email, or text.

***Your investment $600.00*** all sessions are to keep you focused and align with your life achievements and goals. Upon submitting your payment, you have agreed to the coaching terms and conditions.

**Coaching Agreement -**If the client does not commit to personal coaching, assignments, or work exercises on a regular basis the program will not be effective, and a decision can be made to terminate the agreement. Clients are aware that coaching results cannot be guaranteed. The Client agrees that he/she is entering personal coaching with the understanding that they are responsible for their own results. Client also agrees to hold the personal coaching free of all liability and responsibility for any actions or results for adverse situations created as a direct or indirect result of specific referral or advice given by the Coach.

***My philosophy is that you have the capacity and the inner resources to approach your current life situation in a way that transforms your ability to have more of what you want and with considerably less effort.***

**How does it work:**

Your sessions will be a combination of interactive discussions on meeting your goals, assignments will be given and will be your responsibility to complete the tasks. All topics are based on personal concerns and goals.

**As your coach, you can expect me to:**1. Build a business relationship with my client in bringing out the best, the deepest, and the truest in you  
2. Provide safety, encouragement, and support; an environment in which you can relax and explore  
3. Respect the confidentiality of the agreements we make  
4. Expand your view of what is possible and promote discovery of new insights  
5. Give you input, straight feedback and operate as a sounding board  
6. Listen carefully to what you say and ask questions that increase awareness  
7. Be an on-going resource for you in accomplishing your intentions

8. I’m non-judgmental

**I expect that you, as my client will:**

* Cultivate a core honesty with yourself, your performance and progress
* Commit yourself to intentions that are truly meaningful and significant to you
* Be open to my feedback
* Take ownership for your progress and your accomplishments

**Assemblies-** The coach covers the key points and set the foundation and promoting a healthy lifestyle. By using coaching, interactive exercises which addresses perceptions of a healthy living, by utilizing a highly effective communication skill set and problem solving.

**Coach/Client Relationship -**The Coach has a background and expertise in Effective Communication, Problems Solving, Time Management, Values Clarification, Goal Setting and Achievement, Training, Leadership, Organizational Development, and Advanced Coaching Techniques.

***The Client has been made aware that the coaching relationship is in no way to be considered or construed as psychological counseling or any type of therapy. It is strictly for growth, knowledge and education.***

**The Optimal Coaching Experience:** On occasion, you may have an urgent question, request for feedback or want a confidential response to some situation where you don't want to wait for your next session. This is a "just in time coaching" where you can use email or text to get a timely response. Please note an additional cost could apply.

**Confidentiality:**Coach recognizes that any information discussed during the sessions, or your name will remain private. The Coach will not, at any time either directly or indirectly — use this information for the Coach’s benefit nor disclose said information to anyone else without specific approval of the person being coached.

**Ending the Agreement:** Cancellations must be submitted via email at info@patricia-lavigne.com.

This program is about making positive changes in your life and building a foundation for your future. If you participate fully, you'll get the kind of results outlined.

I look forward to building a coaching relationship with you. I am deeply committed to helping you create and achieve personal growth and positive lifestyle changes.

***Terms & Condition Approval: If you are ready to experience the results you want in your life, by accepting this agreement. You are confirming you have understood and agreed to all the terms and conditions.***