

Coaching Sessions: What To Expect

Welcome, I am looking forward to working with you. Before we start, here is a brief “What to Expect” for coaching sessions.

Session Structure

Each coaching session is a 45-minute, 1:1 non-clinical coaching session designed to support clarity, intentional growth, and forward movement.

A typical session includes:

- Arrival and grounding
- Intention setting and focus
- Guided exploration and reflection
- Practical next steps and integration
- Thoughtful closure

Sessions are structured yet flexible, allowing space for what feels most important in the moment.

Client Engagement & Responsibility

Coaching is most effective when approached as a partnership.

What you gain from coaching is directly connected to:

- Your openness and willingness to engage
- Your participation during sessions
- Your follow-through and reflection between sessions

Coaching offers guidance and support — results depend on intentional participation.

Investment

- \$100 per 45-minute session
 - Sessions are self-pay
 - Payment is due at the time of booking
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Reimbursement Information

Some clients may be eligible for reimbursement through HSA/FSA accounts, employer wellness benefits, or professional development programs. Eligibility varies by plan. Clients are responsible for confirming reimbursement. Detailed invoices are available upon request.

Important Disclaimer

Coaching services are non-clinical and are not therapy, counseling, or medical care. Coaching does not diagnose or treat mental health conditions and does not replace licensed professional support.

Confidentiality Policy

Coaching sessions are confidential. Any information shared will remain private, except in circumstances involving abuse, risk of harm to self or others, or illegal activities. In these situations, confidentiality may be limited in accordance with legal and ethical obligations.