

LIVING *in the* WAKE of ADDICTION



Policy Sheet for Discovery Package

The fee for the Values Discovery Session Package is \$300.00. This package involves me providing the client with written questions about life interests, values that he/she completes before a Values Discovery Coaching session. Following the completion of the questionnaire, we schedule a coaching session for 1-1/2 hours to “discover” where he/she wants to go with his/her life. Together we work on goals that move towards the realization of the client’s dreams making sure that recovery is the first priority. This fee includes my preparation for the session, evaluating the information after the session, coming up with the client’s individual plan, as well as a one hour coaching session following my evaluation where I will present my findings. Finally, I refine the plan, based on the client’s input during the coaching session following my evaluation. My plan is broken down into daily, weekly, monthly, and quarterly goals. It is my experience that this kind of goal setting allows the client to see what they are accomplishing on an on-going basis. Small daily and weekly successes build on monthly and quarterly goals and soon real miracles and lasting change begins to happen as the client believes they are capable of change. There will be no charge to refine this plan if the client continues on with other coaching sessions. It will be included in the \$60 hourly fee.

Coaching sessions are typically scheduled on a certain day at a certain time. There is flexibility within this model but it generally makes scheduling and planning easier. **A twenty-four hour advance notice of a session you need to miss is requested.** Schedule permitting, your session will be rescheduled for a different time that week. Unless there are extenuating circumstances, forgotten or missed appointments will be waived once. If the new appointment date is missed, another payment will have to be made in advance of the next scheduled session.

Generally speaking, the fact that you are receiving coaching is confidential and so is the content of whatever you share. However, in order for us to thank referral sources, serve as a resource between clients, or refer potential customers to you, it may be helpful to disclose that you are a coaching client. Let me know if it is acceptable for me to reveal that you are a client under these circumstances. The content of our discussions will always be held strictly confidential. If a third party pays for coaching, I need your permission to release non-specific, general progress information to them, if they have requested it.

Coaching is based on the belief that each client is resourceful, creative, capable and self-responsible. Therefore, it is my policy to ask clients to agree to a “hold harmless clause.” That is, as a client you agree to accept total responsibility for the outcome of any decisions or actions taken on the basis of the coaching relationship. Coaching, while it may have psychological benefits, is not to be construed as psychotherapy, but rather as a resource for self-examination, goal setting and goal achievement.

Signed _____ Date _____