



Thank you for your interest in Organizing You coaching sessions!

I'm happy to give you more information about coaching. I would love to help you grow closer to Christ, and feel more successful, contented, and peaceful. If you begin coaching with me, we'll look at where you are today, where you want to go, and how you're going to get there. During our sessions, we'll work together to help you solve problems, set up systems that work for you, foster positive attitudes and habits, and, most importantly, rely on Jesus as you walk on His path for you.

Be sure to take a look at the sample contract so you can see exactly what you'd be signing up for! It has a lot of contractual language, but in a nutshell, here's what it says:

- We'll meet about once a week. We'll set the schedule together, shooting for the same time each week.
- We'll meet for about 30-40 minutes at a time. I won't stop our meetings on a dime, but we'll try to be respectful of each other's time.
- We'll video-conference through Zoom, a free online provider. You'll need to use a home computer, laptop, or stationary tablet or phone so I don't experience motion sickness. Or, if you live close and would prefer to meet in person at your home or another location, we can arrange that. If possible, I'd love to meet in person for the first session so we can really get comfortable with one another!
- The fee is \$40 per session, regardless of how many sessions we have in a month or how long they last. You'll pay for the first four sessions upfront. If we're meeting in person, there will be an additional travel fee that I'll calculate based on distance. I'd prefer a check, but I can definitely take a credit card if necessary.
- You'll promise to give this process a try for at least four sessions. You can stop our sessions at any time, but you'll need to honor the financial commitment for the first four sessions, and after that give two weeks' notice. That's to make sure you don't give up too easily—I definitely won't give up on you! (Three months to four months seems to be the perfect amount of time for most clients to get on their feet and get some great habits going, so I'd anticipate that our working relationship would last about that long.)
- I'll do my best to listen fully, ask thoughtful questions, give you encouragement, and offer guidance. I'll pray for you regularly, and I'll pray as I prepare for and reflect upon our sessions. I'll challenge you with

“homework,” follow up and support you during the week, and help you to discover life changes that will work for *you*.

- You’ll do your best to communicate honestly, be open to feedback and assistance, dedicate the time and energy needed to fully participate in the program, and earnestly attempt homework requests and next steps.
- You’ll acknowledge that results aren’t guaranteed—you’ll get out of it what you put into it!—and I’m not legally liable for the outcomes of any choices you make after our sessions.
- I’ll keep everything confidential unless I feel there’s a danger to you or someone else. (This isn’t a legally confidential relationship like it would be with a doctor or lawyer, so our communications would not be subject to legal protection from authorities.)

Also, I’ll be giving you a lengthy questionnaire to fill out in advance of our first session. It covers a lot of ground and should help us to jump right into the coaching!

That about covers it! If you have any questions at all, please let me know. And if you’re ready to get started, just email me with your address and preferred email/phone number so we can get the ball rolling. I would truly love to work with you.

Blessings,

:) Shannon

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