

Tel: [408-384-9684](tel:408-384-9684)

Email: sara@swjcoach.com

Website: swjcoach.com



Introduction:

Hello and welcome! I am so glad that you found your way to my office and that we have the opportunity to meet. Coaching and fertility can be intimidating, and you can be proud of yourself for taking the first step on what hopes to be a transformational journey. Because coaching is a new process for many, you may have questions, which I hope to answer here. As more questions arise, I encourage you ask me anything. This is a safe environment, free from judgment. In coaching, you should have the freedom to explore yourself and your considerations, and to use me as a mirror for self-reflection. It is important that you feel that we have a foundation of trust, understanding, and connection so that you can be completely honest with yourself and with me without the fear of repercussions. If you don't sense a fit between us, I encourage you to seek another coach where you do have a strong sense of connection. If you would like, I can provide referrals for you to other coaches who may better suit your needs.

Coach Background:

I am a Neurolinguistic Programming (NLP) Certified Practitioner. Additionally, I have attended New Venture's West Integral Coaching Forum. I have a Master's in Counseling Psychology from Santa Clara University. Additionally, I have personal experience with fertility preservation, so I can help you work through your considerations and help you understand the process.

My approach to coaching is integrative, and I look at the entire person as a unique individual who is determined to seek a better life for oneself. I believe that you are capable of achieving your goals, and together we will define your goals. As you progress through coaching, we will continue to revisit your goals and refine them as you see fit. Ultimately, you are in control of the outcome of coaching, and I am here to act as your guide.

Confidentiality:

Our alliance is based on a strong understanding of the confidential nature of coaching. However, there are certain limits to confidentiality in which I am required to notify the appropriate agencies and to file a report. These include: significant imminent danger to another person, child abuse, dependent adult abuse, and elder abuse. Additionally, if you are imminently suicidal, I may recommend hospitalization or I may need to notify law enforcement in order to have you hospitalized. Aside from these areas, you can tell me anything with the understanding that it will remain confidential. There are times when I may need to consult with a colleague if the matter is unfamiliar to me, but rest assured that I will not use your name or any identifiable information in order to protect your privacy.

Cancellation Policy:

Cancellations require 48-hour (business days) advance notification. Failure to provide such notice will result in a missed appointment fee of the full cost of the appointment. Missed appointment fees will be sent in an invoice via PayPal immediately following the scheduled appointment. No-shows will result in a missed appointment fee of the full cost of the appointment. If an emergency

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arises, please contact Sara as soon as possible. Please also give 48 hours (business days) notice for rescheduling appointments.

After the initial 90-minute session, subsequent appointments are scheduled for one-hour. If any time that is missed due to a client being late, the full cost of the visit is still applicable.

Emergencies:

If you have an emergency, please contact 911 immediately, as they provide 24-hour response.

Fee for Service Pricing:

- Introductory 20-minute session: Free
- Initial Consultation (1 hour and 30 min): \$225
- Each Additional Session (1 hour): \$150
- Monthly Coaching Group (1 hour and 30 min) \$50

My signature indicates that I understand and agree to adhere to the aforementioned policies regarding fees, payments, and cancellations.

I look forward to working with you to create achieve your goals.

Print name

Signature

Date

Emergency Contact Name

Phone No.

Signature of coach

Date