

How We Will Work Together

Welcome to your coaching experience. I am honored to be your coach. Life Coaching is about helping people have more satisfying lives. I will be your advocate as you discover and design a life that offers freedom, balance, opportunity and an open space to create possibilities. We are a team, and I'm committed that together we accomplish every desire and goal that you bring forth.

My clients are wonderful, interesting, capable people

All my clients are intelligent, extraordinary, successful people whom it is my genuine good fortune to serve. I will enjoy working with you.

The Roles of Coach and Client

The role of a coach and client is as peers. I am a trained professional coach am not working in my capacity as a licensed therapist. I will not attempt to provide diagnosis or treatment. I will tell you what I want for you, but our coaching relationship is about your agenda always. I listen, reflect, ask questions, give perspectives, and options. I support you to find and foster your integrity and I believe that you know what is best for you.

As my client, I ask you to show up fully prepared and present for each session, pay attention to what you are feeling and wanting, tell the truth without blame or judgment and be open to outcome rather than attached to outcome. I will do the same.

I expect you to be committed to the process

If you are hiring me I imagine that you are ready to make meaningful transformation inside and out.

I'm here for you

Our relationship is a top priority for me. I ask that you use me as the resource that I am.

Communication

Please share with me your wins, challenges, anything you like, as well as your coaching experience. I want to know what works as well as what does not. I am committed to serving you.

How We Will Work Together (2)

I pay attention

If I hear something in your voice or notice something is amiss, I'm likely to ask you about it. Often, small moments bring about big shifts.

Requests

I ask clients to stretch themselves gently, deepen the work done in the sessions by taking some actions, resolving relationships or work on situations that feel incomplete. You are free to accept or decline. Negotiate for what is right for you. Please come prepared to create something you want for yourself.

Ways You Can Get More From Your Coaching Experience

- ✓ Make our coaching sessions a priority
- ✓ Come to every call with a specific agenda
- ✓ Do the work between the sessions
- ✓ Utilize what you learn; complete what you agree to do
- ✓ Be open-minded
- ✓ Try new approaches
- ✓ Experiment
- ✓ Get to know who you are right now, & be open to transform into who you would like to be
- ✓ Stop tolerating
- ✓ Stop suffering
- ✓ Tell the truth to yourself, to everyone
- ✓ Be willing to transform your beliefs if they do not serve you anymore

Fees

- First payment is taken at time of agreement
- My fee is payable prior to each session or on a monthly "pack" plan
- I accept checks and cash or PayPal (any checked returned will be a \$25 fee)

Please make checks payable to **Pamela Milam** and mail to:

Pamela Milam
3419 Westminster
#328
Dallas, TX 75205

Please include my fees in your monthly budget. Please pay on time. You may pay for single sessions arranged as needed. If you cannot adhere to this policy, please let me know. However, if we discuss another arrangement openly, I can be flexible.

Pamela Milam, Life Coach
counselorpamela@hotmail.com
#972-896-7437

How We Will Work Together (3)

Session Procedures

- I will call you for all sessions, please make sure your available at the phone number given.
- If you forget a session without communicating ahead of time it will count.

Schedule changes/ Vacations/ Business trips

Please give our call high priority and arrange your schedule to honor our agreed upon time. If you must reschedule our call, I ask you to give me 24 hours notice. In any case, let me know as soon as you are able. I will not reschedule no call/ no shows. If you have a vacation or business trips that will conflict with our sessions, please notify me of these as soon as you have an itinerary and we will discuss when to reschedule. I will do the same with you when I plan trips. Please make sure to fully read and understand all policies and procedures. I invite you to ask questions. I will be as flexible as I can as long as it has us both be empowered and a commitment and agreement are in place. I'm looking forward to creating a helpful coaching relationship.

Sincerely your coach,

Pamela Milam, Life Coach

I have read & understand all the above Policies and Procedures. I agree to comply with them. If I have any questions or anything is unclear I commit to communicating with Pamela Milam so they are clear.

Client _____ Date _____

Pamela Milam, Life Coach
counselorpamela@hotmail.com
#972-896-7437

On this page, feel free to send me any comments or questions about our coaching relationship:
