



Holistic Family Mediation & Coaching

with Sushma Kotecha

HOLSTIC COACHING AGREEMENT

CONGRATULATIONS on choosing holistic divorce life coaching and to take your life to a whole new level of empowerment to lead a happier, healthier, and more fulfilled life whatever you decide to do.

These are the terms required to make a coaching relationship successful:

- I understand that Sushma Kotecha of Holistic Family Mediation & Coaching will provide me with coaching sessions, which will take place on dates and times to be agreed via Zoom. Each session will last 1 hour.
- I agree that payment for each session is to be paid in advance via the online services page www.holisticfamilymediation.co.uk/services and that I am entitled to one free session (pay for 5 and get 6th free) if I choose to pay for the 6 coaching sessions package in full.
- I understand I must give a minimum of 3 working days' notice if I need to reschedule our session by emailing Sushma@holisticfamilymediation.co.uk
- I understand that if I fail to notify my coach and completely miss our scheduled session without just cause, that I will be responsible for full payment.
- I understand that the role of a holistic coach is to act as a supportive guide during the coaching process, not to give legal advice.
- I must have the capacity to be vulnerable, open, and honest about my feelings and needs; I understand that Sushma cannot help me unless I am first willing to dig deep and have the

courage to take a hard honest look within/in the mirror about challenges and areas in my life that I am struggling with and need help and support with. Sushma will then be able to meet me where I am at in my separation and/or divorce journey to help me move forward.

- It is Sushma's job as my coach to get to the core of my fears, challenges, and feelings – the truth of why I am struggling and repeating patterns of behaviour that do not serve me or my family and the false stories/self-limiting beliefs that are holding me back.
- I understand that this will be a painful process but as I push through the groundwork it will be worth it as there will then be breakthroughs that will allow for positive change and growth to happen.
- I will give Sushma permission to challenge me (kindly and compassionately) and to hold me accountable if I do not follow through on agreed exercises and tasks in between coaching sessions. This needs to be in place to allow for effective and transformative coaching.
- I understand that I must have a flexible, open mind-set and not a fixed, closed mind-set, with the capacity to take on board suggestions and ideas to support me. Coaching will not work unless I am fully committed to the process and ready to take action – I know that small, consistent steps can lead to huge positive changes, but I will need to take those steps to make progress.
- I understand that I must be willing to take responsibility for my change and growth. Sushma will provide support, guidance, encouragement, tools, knowledge, and resources to help problem-solve roadblocks and to lean into my strengths to get from where I am to where I want to be, but she cannot take the action steps for me.
- I am clear that coaching is about securing self-empowerment and belief in my own abilities to take control of my life and to be the master of my mind and not a slave to it.
- I understand that coaching sessions are 100% judgement free and totally confidential.
- If at any time I have a concern about the coaching experience, I will raise it with my coach in the first instance, either verbally or in writing. I understand that my coach requires healthy communication to provide me with a speedy resolution.

Print Name:

Signature:

Date: