

SAMMIE HAYES

COACH

How We Will Work Together

Welcome to the magic of coaching! I am honored to be your coach. I believe that each person deserves a powerful life that they love! I will be your advocate as you discover and design a life that works, has freedom, 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 Amazing 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 not a licensed therapist and do 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 always 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 has heart and meaning, 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're Best

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 and friend that I am.

Extra Time

If between sessions you need to ask questions, share breakthroughs or breakdowns, bounce some ideas around, please e-mail me or call **425.359.8211**. I do not bill for this time, so please keep these calls to 10 minutes.

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.

21015 33RD DR. SE Bothell, WA. 98021
Sammie@monarchlife coaching.com - 425.359.8211



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I Don't Miss Much

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

Requests

I ask clients to stretch themselves, 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, and 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 by the **20th** of each month
- * I accept checks and cash (any checked returned will be a \$25 fee)
- * Please make checks payable to **Sammie Hayes** and mail to
21015 33rd DR SE Bothell, WA. 98021

- * Please include my fees in your monthly budget.

I permit no more than one late payment (If not received by the **25th** day of the month) per calendar quarter. The exception is for single sessions arranged as needed. If you cannot adhere to this policy, I will ask you to find another coach. However, if we discuss another arrangement openly, I can be flexible.

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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 extraordinary magic in our coaching relationship!

Sincerely your coach,

Sammie Hayes

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 Sammie Hayes so they are clear.

Client _____ Date _____

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