

Welcome to the wild, wonderful world of coaching.

I so look forward to working together and supporting you in achieving fulfilling, satisfying relationships and whatever else your heart desires. This document will inform you on my policies and procedures as well as help you understand the nature of coaching and how to get the most from our partnership.

Our initial appointment, the foundation session, is meant to jumpstart our relationship. Most of this session will be discovery- you will get me acquainted with who you are, your goals, and the vision I am to hold for you.

Homework or as I deem it “soulwork” is an integral part of coaching. In between sessions you will often be given soulwork to complete. For our initial foundation session, fill out the foundations questionnaire below and return via email prior to our first session. In order to maximize our time together, please spend some time giving the homework careful thought. It is meant to spark your thought process for our first session.

If you have any questions regarding policies, procedures, or the coaching relationship, don't hesitate to ask.

Warmly,
Rosanna Maria

POLICIES AND PROCEDURES

CONFIDENTIALITY:

Our relationship is strictly confidential. I will not be telling anyone that you are my client and I will not reveal the content of our coaching sessions to anyone. This is sacred. You are free to share whatever you choose from our sessions with anyone.

TIME:

We will begin and end our sessions on time, in honor of our commitment. You will call me at our scheduled time or meet at my office at our scheduled time.

TRANSPARENCY:

Ask any questions and openly share any doubts or concerns you have. Transparency is critical to your success. I am dedicated to helping you and open to all feedback.

SESSIONS:

Our first session is 80 min and subsequent sessions are 50 minutes long.

IN-BETWEEN SESSIONS:

If you would like to share a success, a conundrum, or anything in between, feel free to email me at rosanna@rosannamaria.com. I have time in between our regular sessions to respond to emails and I enjoy providing this extra level of service.

HOMEWORK:

In between sessions you will have homework (soulwork) designed to help you make the most out of our work together. It is important that you invest the time and do your homework. Assignments are specific to your growth and goals.

FOUNDATION QUESTIONNAIRE

As your coach, it is important that I get a sense of how you view the world and yourself in the world. The following questions are designed to stimulate your thinking in a way that will make our work together productive and rich, as well as simply help me get to know you better.

Please email your questionnaire before your foundation session.

Don't think too hard on these, let the answers come, and if they don't, just leave them blank.

What activities have meaning for you or make you feel alive?

Name two people that inspire you, what about them is inspiring?

If time and resources were not a concern, describe one thing you long to do.

If someone were giving a speech about you what would you want them to say about you?

What two steps could you immediately take that would make the biggest difference in your life?

Think of one situation where you overcame a fear, what was the outcome?

What do you consider unique about yourself?

What do you consistently focus on?

What question do you ask most often based on this focus?

When are you unable to laugh at yourself?

When do you give your power away? To whom?

Whose love did you crave the most as a child?

Think of someone who knows you really well- what tips would they give me as your coach?

What else would you like me to know?

What questions do you have?

WHEEL OF BALANCE

Thriving involves balance. Using the circle, shade your level of satisfaction in each area as it relates to you. For example, if you are rocking it in the fun and recreation department shade the entire pie shape. Shade each area according to your current level of contentment, starting in the middle and radiating outwards.

