

What I'd like you to know

- The work requires some patience, some humility, and some openness. There are aspects of your personality that you likely don't see but others do. They are below the conscious level. The magic of this work, even my own inner work, is when the coaching shines a light on something that was previously unseen. It's that thing we sometimes call the "Aha moment!" You will have those. Let's be open to receiving them and applying the learning from them to your goals.
- If we want to create meaningful change, we often have to integrate our thinking, our intuition, and our heart. Trust me on this. Ask me more about it. I'll teach you how to use these centers of intelligence to get what you want. We will practice some mindfulness/ presence techniques as part of this learning. If you already have experience with this, please let me know.
- I am not an expert in you. That is your superpower. I know how to ask the right questions. That is my superpower.
- I am not a wizard; I want to bring out the innate wisdom, strength, and joy that is inside of you. If you know what you need to be asked or for what you need accountability, please let me know.

What You Can Expect from Me

- That I will show up with joyful presence and an openness to this work
- That our coaching relationship and what we talk about will be held in the strictest confidence, with the exceptions that are typical in any helping relationship: if you are being hurt by someone, you are hurting someone, you have plans to hurt

someone, you commit a felony, or if I am concerned about your safety, I'll want to engage other resources to support you;

- As we discussed, because I was hired by JRI, I may be asked for feedback, we'll discuss what this looks like before I share it. My goal is always to have the feedback be "live" feedback, based on the changes that take place as a result of this work
- That I will be honest with you.

What I Expect From You

- That you come to our scheduled appointments on time or cancel with adequate notice;
- That you will let me know if something is not working for you in our coaching, but also what you are struggling with outside of coaching. Anything is welcome;
- That you come to the work willing to be uncomfortable, knowing that discomfort is a sign of growth; I will do my best to bring fun into it but changing old patterns can be tough!
- That you will tell me how I can best acknowledge you and how I can best hold you accountable; both are essential!

Warmly,

Christina