



connecting you to your greater purpose!

Group Coaching Guidelines

- The group coaching sessions will vary in length of time and number of sessions depending on the particular group topic being covered.
- If a participant misses a group coaching call that session will not be made up.
- Payments for the group coaching sessions are made in advance on a monthly basis (credit card or debit card).
- The first payment is due before the first group coaching session.
- Participants will be responsible for purchasing their materials for the course and can choose to use the source provided by the coach if desired.
- All phone calls are to be paid for by the participant.
- If a participant feels the coach has breached any Code of Ethics or confidentiality, the client is asked to advise the coach immediately.
- The participant understands that he/she is responsible for producing his/her own results and that coaching is not therapy, counseling, legal or financial advice.
- Participants and coach agree to keep everything discussed during each group coaching session confidential.
- If a participant or the coach feel that services, other than coaching are required, this will be communicated in an appropriate and timely manner.



inner wisdom
coaching services

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Group Coaching Codes of Conduct

You can count on your coach to:

- Be on time for sessions and to finish on time.
- Be open and honest with each participant.
- Keep relevant records of sessions.
- Keep information shared within the group as confidential.
- Respond to voice mails and e-mails within one business day.
- Act professionally and with integrity.
- Follow the ICF Code of Ethics (available upon request).
- Challenge you to be your best.
- Be a committed listener and a partner in your success.
- Honor and respect who you are and the difference you make in the world.
- Fully trust your ability to create results for yourself and your life.
- Acknowledge and celebrate your achievements.



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Group Coaching Participant Agreement

How to get the most out of your Group Coaching experience:

- Be on time to your group coaching sessions and scheduled times with your partner.
- Make and keep your commitment to attend all group sessions.
- Make and keep your commitment to work with your partner.
- Keep a separate book or journal for your group-coaching program.
- Complete accountability assignments.
- Communicate responsibly and appropriately with your partner, participants and coach.
- Come prepared to share and participate in each group session.
- Be willing to jump in to contribute, and to balance this with being willing to hold back your thoughts to allow others to share as well.
- Agree to share and participate when asked by the coach.
- Take responsibility for your choices, your actions and your group coaching experience.
- Be honest with yourself.
- Be open to another point of view.
- Be open to receiving individual coaching in a group environment.
- Agree to hold everything shared within each session as confidential.
- Be willing to be transparent and real with the group, while respecting and accepting the vulnerability of others.
- Dream **BIG!**
- Have **FUN**: *'dance like nobody's watching'*.



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Group Coaching Rates

(Prices valid from February 15, 2006 and are in US Dollars)

<u>How many participants</u>	<u>3 months</u>	<u>1 month</u>
3 to 5 participants	\$175/month per person	\$175/month per person
6 to 9 participants	\$125/month per person	\$125/month per person
10 to 16 participants	\$75/month per person	\$75/month per person

Notes:

1. Each group coaching program price varies depending on the number of participants in a course. The fee covers the coaching services provided during the group coaching sessions.
2. The coach is available via e-mail one time in between group coaching sessions as needed for clarification and/or coaching support.
3. Payments are made in advance on a monthly basis via debit or credit card. Payments will be processed on the 1st or the 15th of the month depending upon when the group-coaching program begins.
4. The participants' monthly rate will be charged in advance of the group sessions each month regardless of whether the participant attends the group coaching sessions.
5. An individual can coordinate a group of participants. The group can select the group coaching topic from the list of available topics.