

Subtle Body Coaching Agreement

Welcome to the Subtle Body Coaching with Michelle Dummer. Please read these terms carefully because they govern and guide our work together. By engaging in these coaching services you are agreeing to the terms below:

Coaching is not therapy, counseling, advice-giving, mental health care, or treatment for substance abuse. The coach is not functioning as a licensed mental health professional and coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services.

Coaching is for people who are basically well adjusted, emotionally healthy, functioning effectively, and wanting to make changes in their lives, catch their blind spots and build new skills.

Our coaching is distinct in that it is also educating you on our specific subtle body process techniques that you will learn to use in your daily life to get the results you're looking for.

Coaching is designed to address issues the person being coached would like to consider. These could include (but are not limited to) increasing your sense of calm and wellbeing in the midst of life challenges, developing true confidence, relationship enhancement, spiritual growth, lifestyle management, life balance, decision making, movement through transitions, or the achievement of short-term or long-term goals, getting clear on your purpose and how that manifests in the world.

These coaching sessions are designed to introduce you to subtle body methods and start getting you results where other methods have failed. At the conclusion of your program sessions, you'll have the option of continuing with your coach or moving to other advanced training if you choose.

Coaching is done via Zoom with video.

Sessions will involve a few pre-questions which we call "Markers." These help us both track your progress over time.

You will also be given exercises to practice and implement in your daily life in between coaching sessions. The more you are able to actually put the things you're learning into practice, the more powerful and far-reaching your results will be.

Coaching is most effective when both parties are honest and straightforward in their communication.

Coaching is a confidential relationship and the coach agrees to keep all information confidential, except in those situations in which such confidentiality would violate the law or could jeopardize the safety of the client or others.

I acknowledge that this is not a paid service and these Coaching sessions are with a Coach Trainee. I understand that in exchange for these free sessions, the sessions will be recorded and reviewed internally for the coach's learning and instruction. As a coach in-training, your coach may discuss aspects of your sessions with their coach trainer or supervisor in order to improve their effectiveness and technique as a coach. This is done solely for training purposes and your information will not be shared outside of that context.

Coaching is done with the assumption that each person in the relationship is guided by his or her values and beliefs.

For purposes of this agreement, you, the Client and Your Subtle Body Coach agree to meet on the predetermined and customizable frequency for a total of 5 sessions over the next 6 to 8 weeks.

You are also agreeing to inform your coach if you need to change an appointment with at least 24 hours notice. Any appointments canceled or changed with less than 24 hours notice will be lost. If your coach needs to change your appointment with less than 24 hours notice (for something other than an emergency), you will receive an additional bonus coaching appointment.

I am here to support you in getting the maximum benefit from this process. Please reach out to Michelle Dummer with any questions. 810-247-2664 or mmdummer27@gmail.com