



## Rise Up Together Group Coaching Agreement & Expectations

Name	
Address	
Phone	
Email	

### How We Will Work Together – Coach/Client Expectations

It's an honor to be working with you to support you on your journey!

This is a co-creative relationship. I see us as equals and I encourage you to do the same. I am not a therapist, counselor, or consultant. I am a coach, who uses established communication and active listening skills to support you. Together, we create meaningful change and take dynamic actions to powerfully move you forward. I provide the questions and the space to explore, and I believe that you already have the answers inside of you. Our work together is to overcome the things that get in the way of you finding and/or living your Design fully (e.g., fear, expectations, “shoulds,” mental blocks, etc.). I am a partner with you, and I know that you have the strength and wisdom within you to make it happen. What I bring to this partnership is my intuition, my personal experience, tools I've relied on in my own journey of healing and what I've seen that helps others. I tap into the connection to the Divine for inspiration and I trust that when we work together, anything is possible.

I see coaching as a partnership where you bring your expertise (about yourself) and I bring my expertise (compassion, holding space, tools, intuition, and questions to help you find your answers) on a journey to help you find your authentic self and live a life in alignment with that person/soul.

In a group coaching program, my role is to bring all of the above in a way that holds space for a collective experience and ensures an authentic and safe place for individual exploration and group learning. Our sessions will include grounding exercises, discovery questions, tools, and homework between sessions (as needed), and will occur on a frequency that works for the cohort. You choose the focus of the work individually but we will undoubtedly see overlaps within the cohort—either way, I am there in the journey to accompany you. I will share my intuitive reads as they come but will also confirm with you if they resonate. Ultimately it is about you being able, over time, to tap into your own intuition for your truth and part of that is knowing what internally and externally resonates with you, even when it comes from your coach. The tools I will share will range from the practical (from years of corporate strategic planning and facilitation) to the intangible (from years of tapping into my intuition and spiritual side) and you will get to choose what resonates with you.

# FOLLOW YOUR DESIGN

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Please understand, that if you're seeking to change something about yourself, it takes time. Many of the thoughts and behavior patterns we develop stem from as far back as childhood and are deeply rooted. Much like the time it might take to create a new path in a thickly wooded forest, the same is true for building new ways of thinking and being. We will be working on new ways of reacting, responding, and perceiving your life. So, like the pushed aside branches that snap right back into place the first several times of forging a new path, you will likely in the beginning revert back to old ways of being and experiencing your life. At that same time, you'll begin to become aware of the empowered choices and options available to you in each moment; over time, you'll be amazed to see how your life and relationships begin to elevate and evolve.

### *Your Role*

- Make the group coaching sessions a priority. You have chosen to invest in yourself. Please ensure that 1) you can attend, 2) you arrive on time, 3) you have a space that is free of distraction during the session, and 4) you complete any work ahead of time.
- Come to our sessions centered and be open-minded. Be willing to change your beliefs and patterns if they do not serve you anymore.
- Be open to the collective experience of group coaching arrangement—share as openly and vulnerably as you can and support your cohort members as they do the same. We are creating a judgement-free and empowering zone as we each grow.
- Give me and your cohort members feedback in the moment about how you are feeling. Do not ever worry about hurting our feelings or fear what we might think. We are here to support you, not to judge you or make decisions for you. If something we say does not resonate with you, we want to know about it. Whatever feelings come up, it is safe to express them.

### *My Role*

- I will listen closely to you and the cohort, respond to what I hear, ask questions, and provide tools and concepts to support the personal development journey as Spirit moves me. If I hear something in your voice or body language that sparks an intuitive idea, thought or image, I'm likely to share it and ask you questions about it. Often it is these small nuances that create the bigger shifts for clients. Remember, if it doesn't resonate, tell me—I'm not attached to being right.
- I ask clients to stretch themselves, deepen the work done in the sessions by either journaling at home, taking a defined action, resolving relationships, or tackling things that feel incomplete. You are free to negotiate, accept, or decline. Most of the work will involve developing self-awareness and the skills to make empowered choices.



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### *Schedule Structure*

- We will meet for group coaching sessions weekly: one session a month will be with me individually for a deeper dive and the three other monthly sessions will be with the whole cohort.
- Please give our sessions high priority and arrange your schedule to honor our agreed upon time. If you are unable to attend a session, we will record it (assuming all have agreed in advance) so that you can stay up-to-date. No refunds to the agreed upon monthly fee (determined in a separate document) are provided for missed sessions.
- Between coaching sessions, if you have questions, an update, or want to bounce some ideas around, please reach out to the cohort in the group chat/room/group that we have collectively determined.

I'm looking forward to our coaching relationship!

Coach name: Michelle Layli Farnsworth

Date: August 10, 2021

### **Client Agreements**

1. I understand that coaching is a professional-to-client relationship I have with my coach that is designed to facilitate the creation/development of personal, professional, or business goals and to learn and develop tools and strategies for achieving those goals.
2. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education, spirituality, social action work, and recreation. I acknowledge that deciding how to handle these issues, incorporating coaching into those areas, and implementing my choices is exclusively my responsibility.
3. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment, or therapy. If I am currently receiving psychiatric care, I will consult with my caregiver to ensure working with a coach is in my best interest at this time.
4. As a client, I understand and agree that I am fully responsible for my physical, mental, spiritual and emotional well-being during my coaching sessions, including my choices and actions. I am aware that I can choose to discontinue coaching at any time.



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5. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law. I understand that if I reveal information that involves physically hurting myself or others, the coach must report such information to mental health and/or law enforcement professionals accordingly.
6. I understand that certain stories may be shared, anonymously and/or as hypothetical examples, with other coaching professionals or clients for training, educational, or consultation purposes and that great care will be taken to change any identifiable details to protect my privacy; my name will only be used with my expressed permission (e.g., with a testimonial that I provide).
7. I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, or other specialized professionals. I will seek independent professional guidance for legal, medical, financial, business, or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.
8. Because professional coaching is not considered medical consultation or treatment, health insurance does not apply.

I have read and agree to the above.

Client name:

Date: