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**Group Coaching Agreement**

*Welcome to Group Coaching with me, Rachel Horton White, and two-three other brilliant souls who, just like you, are on a path to find what fulfills them, and their true, inner and higher selves. This is a transformative process toward uncovering and aligning with your soul purpose and the gifts you are here to share.*

COMMITMENT

* This will be a 3-month group coaching program. We meet every other week for two hours. *Please try to attend every session if you can.* This is a powerful process and missing a session can result in lost momentum.
* Once you enroll in group coaching, Rachel will ask you to complete the Discovery of You, a questionnaire that give me a better understanding of who you are, what you’re seeking in your life, and a sense of what your life up affects your current experience. Please bring this to our first session.

FEES

* The monthly fee for group coaching is $175, broken up into two payments of $87.50/month for 3 months, for a total of $525. (Soulful Work Community members receive a discount). Each payment will automatically be deducted from your account every 2 weeks from the time you enroll. This means that for some you will be “fully paid” before we actually are finished with coaching.

LOCATION

* In-person sessions generally are held in a classroom at Sage Wellness Therapeutic Bodywork (980 Forest Ave, Suite #204 in Portland-entrance in back parking lot on the left side of the building). In the summer months, we meet outdoors at Graves Park on Pleasant Hill Road in Falmouth (a “secret” park near a playground off Allen Avenue Extension, near North Deering).

INCLEMENT WEATHER and SICKNESS

* Should we need to cancel a session due to inclement weather, we can hold the session via video chat instead. *Please ensure that you have a computer/phone with a working camera and mic.* I use Zoom video-conferencing for this (it is a free program to download). Please use a quiet space with minimal distractions for video sessions.
* If Rachel is sick and needs to reschedule, we will find a new date that works for us all. *Please reserve two extra Mondays as sick days!*
* If you are sick and must miss a session, you and Rachel can work out an alternate arrangement (such as attending a workshop Rachel offers for free). This offer is only valid for missed sessions due to sickness.

CONFIDENTIALITY/PRIVACY

* Rachel holds our sessions in the strictest confidence. She will not be sharing with anyone that you are her client and will not reveal the content of our sessions. *Please also keep in confidence the identity and the experiences of the other members in the group.* Confidentiality is crucial for this work.
* You are encouraged to fully share what is on your mind and what you are feeling in this setting. Holding back will mean that coaching will not be as effective for you. Our group is intentionally kept small so that you feel more comfortable to share with the two other group members.

DISCLAIMER

* Some of our work together involves the use of guided meditations and visualizations. Rachel is not a trained therapist and this work is done together with your free will. Should emotional struggles surface that a trained professional would best be able to assist you with, she will make an appropriate referral.

ACCOUNTABILITY PARTNERS

* In coaching, you will decide small steps to take in between our meeting times. *Please share these intentions (or action steps) with your accountability partner and check in with each other via email, phone or in-person meetings between our sessions.* You will have a new partner every week and we will decide who will contact whom first *(every other week, Rachel will be your accountability partner and check in with you via email)*. This is an important part of group coaching – the work you do between sessions is where the magic happens! The process during this time of action can be an exciting and breathtakingly swift flow toward your future self.

FORMAT

* Our group coaching sessions will loosely follow the following format:
	+ Check-ins (approx. 3-4 minutes each)
	+ Individual Time for Each Person (30 Minutes total)
		- This is time for you to share what is coming up for you in your life. What are you experiencing? What are you struggling with? What are you looking for from Rachel? What are you looking for from the other group members? (approx. 10-15 minutes)
		- Feedback, Ideas and Discussion: Rachel first will offer individualized guidance to you with targeted questions, some intuitive guidance based on what she picks up on, and some suggested action steps. Then, the two other group members will be invited to share insights and ideas in a discussion with you. (approx. 15-20 minutes)

OUTSIDE COMMUNICATION and TIME

* You are welcome to occasionally email Rachel (*I prefer email to texts if it’s about personal experiences!)* in between sessions when the need arises, but you are encouraged to reach out to your accountability partner instead. If an issue arises that you feel requires private work, you will be invited to schedule an individual guidance session with Rachel.

OVERVIEW of COACHING WITH RACHEL

* The coaching I do is a blend of spiritual and practical guidance, rooted in the concept of Co-Active Coaching, in spiritual wisdom and in my own intuition, to support your development as a multi-faceted, luminous human in a fast-paced world. We, as client and coach, will co-create how our connection will best work together, between both just you and me and among the four of us as a group.
* Coaching is not therapy, but is a tool to best allow me to support you on your journey to a more aligned and fulfilled place in your life, career and relationships. By diving into both the specific external issues and internal “stuck” feelings that may be holding you back, we move toward an action-focused vision!
* I view you, the client, as already having the inner wisdom that you need to carry you forward. You already have the tools within you; you are not broken. You are capable, strong and powerful. There just may be some areas that are blocking you from fully realizing this truth. My role is to show you the subconscious places where you may be holding back. I will provide you with gentle suggestions, nudges, affirmations, encouragement and practical (written and visual) tools to move away the clouds blocking your brilliant soul from shining fully.
* I listen to your words, read your emotional reactions and tap into guidance from the universal sources of the highest love to provide. But I can sometimes be “off.” I am not here to solve the problems for you, but to help you uncover the solutions inside you already. Please speak up if something doesn’t resonate!
* With a foot in both metaphysical and practical worlds, I combine my abilities to support you in achieving clear, actionable goals and help you develop your intuition and access higher guidance. We will focus on diving first into your inner self to then jump into the practical world of manifesting your goals and taking action.
* I am open, honest and forthright and tell you what I see underneath the surface, such as subconscious patterns or beliefs. As you start to take action in coaching, the voice of “resistance” of our ego-self (Inner Critic) will often start to speak up in this work and may try to prevent you from taking action! We will work together to try to identify what might just be your Inner Critic showing up and what is your true inner self.

# I assume all risks associated with my participation in Soulful Work Consulting because I understand and appreciate the nature of said risks. In consideration and as a condition of being accepted as a client, I, and for anyone acting on my behalf, waive and release Rachel Horton White and/or Soulful Work Consulting, and the owners and occupants of the premises where I receive services from Soulful Work Consulting, from all claims or liabilities of any kind arising out of my participation in Soulful Work Consulting. This waiver and release specifically includes any claims and liabilities arising from negligence or carelessness on the part of Rachel Horton White and/or Soulful Work Consulting, and/or the owners and occupants of the premises where I receive services from Soulful Work Consulting.

I agree to and understand the information stated above.

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Printed Name Signature Date

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Signed and Dated: I, Rachel Horton White, commit fully to supporting you and to fulfilling my role in this process.

*Thank you for committing to this work together! I am so thrilled to be on this journey with you!*