



Date

Dear

I'm very excited to be able to take this coaching journey with you. Here's some useful information about what to expect from Health Coaching.

What is Health Coaching?

At its heart, health coaching is about helping clients to become their healthiest selves. While you are the expert on you, health coaching aims to explore what is possible with regards to improving your health through lifestyle and health habits. It aims to empower you throughout the process of change, and gives you the tools to develop confidence in managing your own health and wellbeing.

How often will we meet and for how many sessions?

The suggested timeframe is fortnightly sessions for 6 -12 weeks.

Our first appointment is for 45-60 mins and follow-up appointments are typically 45 mins.

Appointments are face to face at Green Bay Physio, 64A Godley Rd, Green Bay on Tuesdays between 3:30pm and 6pm.

What will we do in a typical session?

Our first session is the **DISCOVERY SESSION** where we find out about your story, your goals and discover what approach works best for you. It will give you an understanding of my role and my approach towards helping you. If you decide this is for you, I invite you to continue with a package plan as below.

6 WEEK GET GOING PACKAGE. Aimed to get you started towards your goal. Optional to add on after 6 weeks. 3 x 45 min fortnightly sessions. Includes eating guides and recipes. Email q&a access during weekdays. Written summary of each session highlighting goals, plan and accountability.

3 MONTH GET RESULTS PACKAGE (RECOMMENDED). Typically, we see the best results when we work together for 3 months. 6 x 45 min fortnightly sessions. Includes eating guides and recipes. Email q&a access during weekdays. Written summary of each session highlighting goals, plan and accountability.

At each meeting, we begin with a brief chat about where things are at, gain some insight, and consider new options. We explore and work through these to develop a new set of actions for the coming weeks. Each session, we will be working together to create tangible progress towards your

goal. Coaching may also include discovering your values, clarifying your barriers, and holding you accountable to commitments.

As you have primarily engaged me for health coaching, I can at times offer you specific and/or professional health advice, information and solutions, however, you remain in control and responsible for all choices and decisions.

Between session expectations?

The work you do and the discoveries you make on your action plan between sessions is crucial to your success. I will look forward to hearing your progress each session.

Appointments

If you cannot attend a session, please let me know as soon as possible. For appointments cancelled within 24 hours I will endeavour to rebook one make-up session per package, though this cannot be guaranteed if my workload is at capacity. Please email tracy.healthcoaching@gmail.com

Fees and payment procedure

Discovery session \$80 (incl GST)

6 Week GET GOING package \$350 (incl GST)

3 Month GET RESULTS package \$600 (or \$205 per month) (incl GST)

Please pay by bank deposit to: T Steuart Coaching 15 3968 0042222 02,
using your **name** as the reference

You may choose to discontinue coaching at any time and all information shared will be strictly confidential.

Our signatures at the bottom of this information pack, indicate full understanding of, and agreement with the information outlined above. We will sign the agreement in person, at our first scheduled session.

If you have any questions between sessions, please do not hesitate to contact me by email tracy.healthcoaching@gmail.com

Warmest regards,

Tracy Steuart

Signed.....

Client name:

Signed.....