



Welcome to Blossom Whole Wellness!

Thank you for inviting me along on your journey of change and growth. I am looking forward to walking with you. You are receiving this welcome packet because you have already filled out the client/coach agreement and the client intake form. Below you will find commonly asked questions and reiterations of things we discussed during the phone consultation.

What can you expect from coaching?

I am your guide by your side. Each session is about you, your goals for your career, your life, your health, any spot in your life where you need that extra assist. Each session is tailor-made for exactly what you want to work on. Through the use of probing and powerful questions, we will develop strategies for helping you achieve the small tasks all the way to your life-changing goals. Anything we discuss will be completely confidential. My goal as your coach is to help you succeed in order to live your best life.

What will I expect from you?

As these sessions are about you, make them a priority. I am a teammate in this process. I will be giving my all to help guide you so take this seriously, do your homework, and practice the daily tasks. Be prepared for each session by emailing the provided, "For This Session Form" to me 24 hours before your scheduled session. Email me at Steph@blossomwholewellness.com

And have fun! Let's be creative together to get the most out of our time. You can practice creativity by following your intuition. Let your "gut" lead you. Sometimes the best gems come from listening to those intuitive voices that know us best!



Extra sessions

The Client/Coach agreement outlines our how frequently we will meet. If, for some reason you need another session between scheduled weeks, email me at steph@blossomwholewellness.com to request a session or to bounce ideas off of me.

Communication

Keep me up to date on anything you want to share. I love hearing about all of your wins, losses, and disappointments.

If you have any questions or issues with the policies, please refer back to the client/coaching agreement or email me so we can discuss anything that comes up.

As previously stated, these are your sessions, your goals and your tasks. The coaching process is driven by you. The real work happens in between our coaching sessions. If at any time you are not comfortable with any part of our coaching partnership, let me know immediately so we can deal with the situation and move forward.

I can be reached Monday – Friday 8am – 5pm PST by email at steph@blossomwholewellness.com or by phone calls and text at 505.603.6122.

To reiterate from our Client/Coach agreement:

My role as your coach is to:

- Ask powerful questions
- Listen without judgment
- Assist you in setting goals, planning and strategizing
- Hold you accountable for what you want to achieve
- Have belief in you as a capable and creative person
- Be your guide by the side



What is not in my role as coach:

- I am not a therapist nor am I *your* therapist
- I will not do your work for you
- I will not set your goals for you
- I will not judge you
- I will not give you advice
- I will not take responsibility for you or your actions

What I ask from you:

- Before each session, complete and email your “For This Session Form” 24 hours prior to the session. Be sure to fill it out completely.
- Please email this form to me at steph@blossomwholewellness.com
- Be completely truthful with me and with yourself.
- Be willing to stretch beyond your current comfort zone.
- Let me know if something isn’t working for you.
- Have fun and enjoy the process!

Next steps

1. Read through the Policies page included with this packet
2. Reread the Client/Coach Agreement
3. You will have already received your appointment confirmation for our first official session and a zoom link.
4. Please put any appointments we have already scheduled, into your calendar
5. Fill out your “For This Session” form and email 24 hours before the scheduled session.

I look forward to developing a fun, supportive, and dynamic partnership with you!