



Leah K. Walsh
COACHING

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Learning & Coaching Agreement

Learner's* Name:

**Learner: Throughout this form, you'll see that I refer to the client as a "Learner." To me, this energizes our co-creative partnership. As students of life, one of our joyful responsibilities is to always be learning. This term also brings awareness to the reality that our behavior, patterns, and coping mechanisms were learned behaviors based on the intersection of various early life circumstances and ancestral patterns. The gift of this work is to focus on learning new strategies that empower and enliven the fullness of who we came here to be.*

This agreement is entered into between **Leah K Walsh Coaching** and the above named *Learner*. Our coaching journey will begin on **the week of**

and will continue on a weekly or bi-weekly (meaning every other week) basis through **the week of** or until such time that the learner or coach complete or conclude the requested services.

Payment: Coaching service payment is due anytime between the complimentary coaching orientation and the first session. Each 8-session cycle is priced at the amount of \$1,400 USD and includes: 8 (eight) 1.25-hour coaching sessions, session highlights added to our shared Google document, 1 brief exchange by email or in our shared document in between sessions, and optional support creating a community space to

share/be seen as our 8th/final session. This investment can be made in full or broken down into monthly installments of \$700 USD if meeting weekly or \$350 USD if meeting bi-weekly. Investments can be made via PayPal (info@leahkwash.com), Venmo (@leahkwashcoach) or check (checks payable to Leah K Walsh Coaching). You can also be emailed an invoice through Square.

Cancellation Policy: If you need to cancel a session, please notify me via email or text at least 48 hours in advance of the appointment date to reschedule the session. If an emergency and less than 48 hours notice, please text. If more than two cancellations are made over our 8-session journey, we will address this absence in a coaching session to clarify if we need to find a new time slot or how else to proceed.

Services: The Learner will be provided with coaching services via telephone or online video call (Zoom), unless otherwise specified. If a phone call, I will call you at the agreed upon time to begin the call. If you do not answer, you are allowed one call back five minutes after the scheduled time or the session will be canceled. If a video (Zoom) call, log on within five minutes of the session start time or the session will be canceled.

The purpose of our coaching sessions is to provide the Learner with a safe, loving space, offer a clear sounding board, and generate specific body-centered learning experiences. **My intention is to witness, acknowledge, support, and empower you as we create a compassionate container together for learning and change.**

This service includes three phases.

- (1)**Compassionate Observation/Practice:** The Learner pays attention and observes the questions, challenges, and desires that are present. This time focuses on paying attention to the body and *noticing patterns or cues*. For some, this time may also include journaling, other forms of creative exploration, a mindfulness practice, or reading and research.
- (2)**Learning Session:** Our sessions will always begin with a grounding exercise. Our sessions will always close by anchoring any new awareness and asking the Learner to name the focused next steps they will take before the following session.
- (3)**Practice/Compassionate Observation & Action:** The Learner takes focused action based on their desired next steps while staying present their own guidance and

growing awareness. The Learner also practices staying centered and grounded in their days and compassionately observing what arises as they act. **Compassion and celebration are an essential part of this practice.**

Confidentiality: Anything that is said or revealed in the sessions between the Learner and Coach is privileged information and will not be disclosed to any outside party. The exception is if the information revealed includes disclosure of illegal, unethical, or criminal activities.

The methods employed by Leah K Walsh Coaching do not guarantee results. The Learner must take action to see any type of change. The Learner agrees, therefore, to hold the coach free of any liability and responsibility for adverse reactions as a result of methodology or activities given in the coaching sessions.

Questions: If you have any questions about anything outlined in this document, please contact me so we can review them together before our first session. My contact information is at the top of this form.

By signing below, your signature signifies that you agree with the information laid out in this document in full.

Learner

Date Signed

Leah Walsh, Coach & Lifelong Learner

Date Signed

*May the nourishment of the earth be yours, may the clarity of light be yours,
may the fluency of the ocean be yours, may the protection of the ancestors be yours.*

— John O'Donohue, Irish poet