

Babita Spinelli

Babita Spinelli, Certified Coach and Psychotherapist

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What You Can Expect...

Confidentiality: The nature of the Coaching relationship includes sharing individual and personal information. There might be times when your Coach feels it is critical for issues to be imparted to your family and/or support system and so will urge you to do as such. It is always the objective to have open, honest, and healthy communication. However, unless permission is granted, everything discussed in coaching sessions, whether virtual or in-office, always remain confidential between the coach and client, except where prohibited by law.

What Happens in A Coaching Appointment? Coaching sessions typically begin with you acknowledging changes and progress you've made and end with a plan of action for you to take in the week ahead.

Finding A New You: You will become more acquainted with yourself throughout your coaching journey. Working with your Coach is one of the best ways to grow. Coaching is tied in with being and communicating your genuine and best self. It is inevitable that you will find new parts of yourself and discover your objectives altering themselves to reflect who you truly are and who you need to be. This revelation happens all the time, so there is no reason to worry, simply acknowledge it will probably happen. Personal growth is one of the many benefits of being coached.

How to Get the Most Out of Your Coaching: It is important to fully invest yourself in this opportunity for personal growth and an overall better lifestyle. Be tolerant with yourself and acknowledge that the Coaching procedure does not make lasting change happen right away. Appear for your Coaching session on time, ready, and completely prepared to problem solve, reflect, strategize, and celebrate your progress! It is a good idea to have a pen and paper ready for writing down things you might want to remember after the session. The time we spend together in session each week and the time between our sessions can greatly benefit you in making progress towards your goals.

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Coaching Agreement

Coaching: As a client, I'm responsible for my life, and I'll make and follow through with my choices about what actions to take and what we will work on together. I'll consistently take the initiative with you in this relationship. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility. 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. I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals and I will seek the appropriate professional service for such matters. Goals: The Coaching goal you discussed working on as a starting place is:

Expectations: We are committing to work together for coaching sessions over months. We will meet times per month, and sessions will be long.

Remuneration:

- Packages: 6 months, 3 months or laser session
- All coaching sessions must be paid for in advance.

Scheduling: We agree to be diligent to be punctual for our meetings. If we do have to reschedule we'll give each other as much notice as possible (48 hours minimum). If you are late for a phone or virtual appointment, I'll try calling you after five minutes or so. If you completely miss a scheduled appointment with no notice, you'll be charged for that appointment.

Phone: Our appointments will be by phone or online unless we agree otherwise. I can be reached at this number unless I tell you otherwise: _____

Online sessions will be via Zoom, Skype, or Facetime.

(Client)

(Coach)

(Date)

(Date)

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Getting to Know You

Name: _____

Occupation: _____

Home Address: _____

Day Phone: _____ Evening Phone: _____

Fax: _____ Cell: _____

Email: _____

Okay to leave message everywhere? _____ If not, where do you prefer? _____

Preferred means of communication: _____

Date of birth: _____ Age: _____

Name of important people in your life (spouse, partner, children, friends, etc.):

Emergency contact name and phone number:

Other information you want me to know (you may continue on back of this page and add additional pages if you'd like):

How did you hear about my coaching services? _____

What influenced your decision to work with a coach? _____

Have you ever been coached? _____

If so, please describe the experience:

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Prep Form

Name: _____ Call Date/Time: _____

1. What have you accomplished since our last call? (WINS/VICTORIES)

2. What were you not able to accomplish since our last call?

3. What are some challenges/key stressors you are facing right now?

4. What opportunities are available to you right now?

5. Did you have any breakthroughs/insights since our last session?

6. What would you like to get out of/focus on this session?

7. What are you committed to accomplishing by the next session (may be established during session)?

8. Anything else?

This is
