



As your Life Coach:

For the duration of our agreement:

- I agree to serve you as your Life Coach and to help you identify and achieve your personal and / or professional life goals.
- During the time we spend together in our coaching sessions, I will devote my time, thoughts and energy to you exclusively. In-between our sessions, I will pray for you.
- I may not always be immediately available between sessions as I may be attending to others or myself, however I will always attempt to get back to you within 24 hours with follow-up phone calls or emails.
- I use the term Coach and Life Coach to identify my personal and relational role in providing guidance and support. I am not providing professional counseling and I am not a physician. I am not trained in diagnosing psychological or medical conditions. If the need arises that something should be handled by a professional, I will insist that you attend to these by contacting the appropriate professional.
- As your Coach, I will bring attentive listening, understanding, belief in you and your commitment to growth. You can expect me to ask questions, to challenge you, to offer fresh perspectives, to make requests (including homework), to acknowledge your advancements and to guarantee confidentiality in a supportive and respectful manner.

Your Life Coach - *Deborah Skomba*

