

Sheree's approach to coaching

My coaching philosophy is built upon the concept and idea that although you may fall into hard times, you will indeed arise! In my approach, I utilize faith, project management concepts, and a whole-person holistic methodology that integrates your spirit, soul, and body. I believe each person is unique with a specific purpose; therefore, coaching should be tailored based on you as an individual rather than a template. My philosophy is person-centric, meaning I believe that the answers you need are on the inside of you, and as the coach, I am here to help you draw them out. My ultimate goal is to see you achieve and be everything you were created to do and be!

What can I expect?

While each session is different, you can expect to be challenged, identify areas in which you feel stuck, and gain momentum to have a fulfilling and satisfying life. I offer purpose, goal, life, executive and spiritual coaching.

At each session, I aim to help you define what you really want for your personal life, not just what you think you can have. In addition, I find a deep joy in helping you develop an action plan to achieve your goals. But, most importantly, we will talk about the spiritual root and connection to you living and experiencing the life your creator intended you to have.

Is this therapy?

No, coaching is neither therapy nor a substitution for therapy. Instead, coaching is intended to help you become a proactive participant in your life to reach your personal goals. While counseling is provided under the direction of a licensed health professional focusing on the past, coaching is designed to propel you by encouraging and motivating you simultaneously as you move towards your future.

Coaching is not as privy to the legal protections as counseling sessions are. However, our sessions are considered private, and I will not disclose personal information about what we discuss during our sessions, including your name or likeness, without your written consent. In addition, I keep electronic records to track your goals and progress, which are considered private.

How long are our sessions?

Standard meetings/calls will be 60 minutes in duration. The time and location of our sessions will be mutually agreed upon.

Cancellations

While life often brings unexpected events, and I don't expect any issues, a cancellation policy is in place so that all clients benefit from coaching.

The client agrees that it is the client's responsibility to notify Sheree Cain-Jones via email at shereejones36@yahoo.com

if the client needs to cancel, except in the case of an emergency. I will attempt in good faith to reschedule a missed meeting. Repeated cancellations (6 or more in six months) will result in a \$50 cancellation fee.

Ethics

Although I am not a member of the International Coach Federation (ICF), I have a master's degree in project management, and I'm enrolled in a doctoral program for business administration with a concentration in Executive Level Coaching. I am also a member of the American Association of Christian Counselors as a result of completing approved coaching coursework in the doctoral program. I agree to submit to the ethics and standards of the ICF found here: <https://coachingfederation.org/app/uploads/2021/01/ICF-Code-of-Ethics-1.pdf>

Billing

Unless other arrangements have been made, all single sessions are due **before** the coaching session via electronic payment.

Please submit payment to:

Venmo: @Sheree-Jones-11

Packages require a 50% deposit before the initial coaching session. The remaining balance is due **30 days after the deposit**.

What if I'm not happy and want my money back?

I want you to be satisfied with the coaching that you receive. If for any reason you are unhappy or feel unheard, I ask that you please let me know so that we can work together and devise a plan. If you are truly unhappy, I offer a 30-day 100% money back guarantee for all sessions.

I acknowledge the following:

My coach will keep electronic records to track my goals and progress.

_____ (Initials)

Coaching may include various areas of my life including spiritual direction, work, relational and recreational areas of my life. I agree to be a full participant in my development and be open to feedback and assistance as necessary. _____ (Initials)

Coaching is not a substitute for therapy or any mental conditions. I agree that should I need guidance in the aforementioned areas it is my responsibility to obtain the appropriate medical care. _____ (Initials)

Coaching does not guarantee success or a warranty of any kind. I bear the responsibility of actions I decide to implement as a result of coaching. _____ (Initials)

I have read the Approach to Coaching and voluntarily agree to engage in the coaching process.

_____ (Signature)

Pricing

Single Sessions

Intro session: \$200: 2 hours -

-The session can be split into two sessions at \$100 each

*For 1st Time Friends only

Single Session - \$149

Packages

Silver Package \$375

Includes:

- 3 Video Coaching Sessions \$125 per session (must use within 90 days)
- Written plan based on your unique needs
- Challenges at every meeting

Gold Package \$675

Includes:

- 6 Video Coaching Sessions (must use within 6 months)

- Written plan based on your unique needs
- Challenges at every meeting
- 15 minute follow up phone call between session of your choice

Platinum Package \$ 900 BEST VALUE!

Includes:

- 9 Video Coaching Sessions (must use sessions within 9 months)
 - Written plan based on your unique needs
 - Challenges at every meeting
 - Bonus 30 minute Zoom call
 - 15 minute follow up phone call between session of your choice
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Student Rates

*Available to all students with student i.d and class schedule

Single video session : \$75

Student Package : \$210- Includes 3 Video Coaching Calls!!

Payment options:

- ***All payments are via Venmo or Zelle***
- ***Venmo: @Sheree-Jones-11***
- ***Zelle: 210-326-1170***

* If you would like to schedule a session or want more information please contact me at:
shereejones36@yahoo.com

