

## MindfulGuidance – Coaching & Counseling

### Golf Coaching Agreement Form

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***Welcome!** I am delighted to work with you as your optimal performance mental coach and look forward to helping you clarify and manifest your intentions. Please familiarize yourself with the information below and please let me know if you have any questions regarding the guidelines so we can discuss further.*

**Client Name:** \_\_\_\_\_

**Ph.** (\_\_\_\_\_) \_\_\_\_\_ (mobile) (\_\_\_\_\_) \_\_\_\_\_ (landline)

**Email address:**

\_\_\_\_\_

**Commitment:** You are hiring me as your mental coach because you wish to make certain mindset shifts in how you approach your sport/competition to improve your enjoyment and performance. Sometimes it takes only several sessions, other times, a series over several months is required to help you establish the new habits of thought, vision and action to support the changes you wish to make. In either case, we will work together to help support the greatest shift in the least amount of time.

**Procedure:** You have the option of meeting in person or by videoconference (Skype, VSee or Facetime). At the time of our initial conversation, we will clarify whether to proceed by utilizing a pre-paid package or individual appointments. Please read the introductory letter, accompanying the golf coaching assessment form

If our appt is by phone or videoconference, please call me at your scheduled time. If you find I do not answer, please do not leave a message, just call back in 3 or 4 minutes. If by chance you still do not get me on your second try, leave me the best number to reach you and I will do so as soon as I am free.

**Between sessions:** You will no doubt have exercises to practice and progress to track. It is best to keep a journal/file of handouts. If you have any questions between sessions, please feel free to call and ask, or write them down to discuss in person.

**The Coaching Relationship:** Throughout our working relationship, I will endeavor to engage you in direct, very personal conversations and do my best to be sensitive and straightforward. In return, I wish you to be open, genuine and authentic with me so that I can help you as fully as possible. Our relationship is a collaborative one, where I am your biggest ally and supporter for this endeavor you are undertaking. Should I do (or omit) something that is uncomfortable or confusing, please let me know as soon as

