

MindfulGuidance for Golf – To Help You Master Your Mental Game

Welcome! I am delighted to be your mindfulness golf coach and look forward to coaching you toward creating the golfing experience and life you really want to have. Please familiarize yourself with this information and know that if you have questions regarding these guidelines we can discuss them further.

Client name: _____ Tele#: _____
Email address: _____ Date: _____

Commitment: You are hiring me as your mental coach because you want to make significant changes in your attitudes, thinking patterns, emotional responses and ease of performance. Some of these changes may happen quickly and others require repetition over time. Because most significant changes tend happen more gradually, *I recommend a 2 or 3-month commitment* to the coaching process.

This will allow me to get to know you, your strengths, your challenges and be the most effective mentor possible, to help you implement the skills and mindsets at will. After your package is complete, you can convert to either a month-to-month agreement, or individual sessions, tailored to your specific needs. Alternatively we can begin with a “get-your-feet wet” individual session format.

Fees: My 2-month coaching package is an investment at \$1100, pre-paid, or two installments of \$525 each. My 3-month package is an investment of \$1545, pre-paid, or three monthly installments of \$525. The packages include a 30 min. assessment by phone (or in person), followed by an initial 90 min session and three 75 min. sessions in-office, for the first month. The second month includes three 2-hour sessions on the practice range or course. The third month includes another 6 hours – any way you’d prefer to utilize this time – perhaps two three hour sessions on course. Fees are due at the time of scheduling to reserve your session.

Individual sessions are pro-rated as follows:

90 min session - \$175

75 min session - \$150

60 min session - \$125

You will be billed via Square invoice online, or I can take your credit card information over the phone. Your lesson times will be reserved once payment is received. If we need to reschedule due to inclement weather or illness, I will do whatever I can to accommodate your availability at the soonest opportunity in my schedule.

Procedure:

1. Download the Golfers Intake and Coaching Agreement forms from my website, (<http://www.mindfulguidance4me.com/golfers-intake-form/>) or request that I email or mail via regular postal service, per your preference. Fill out the Golfers Intake and the Golf Coaching Agreement forms, then either scan and email them to me or send via regular post. Once I have these received and reviewed your forms, I will call you to schedule our phone consultation.
2. Reflect on your goals, desires and willingness to invest, consider which method best suits your needs: Package vs individual sessions.
3. After the initial consultation, choose your appointment type and pay for your first appointment or package.
4. Schedule your sessions in advance.
5. Come to my office for first 3-4 sessions, or download VSee (confidential video conferencing program for free at www.vsee.com and add me as a contact, using my email address) for remote sessions. For on-range or on-course sessions, decide on which location – my first preference is to meet at Freeport Golf Club's Driving Range, my second preference is Mere Creek Golf Club's Driving Range (in Brunswick), and alternatively, we can meet at a club of your choice, so long as you agree to pay for ½ my travel time and all driving range/greens fees.

Policy

Shared sessions:

You may invite or include a close friend or partner in our sessions, for no additional fee. This person can serve as a support in your process, or share in the learning if you both are interested. Please be clear at the outset whether the person will be an active participant or supportive witness.

Timeliness:

Please arrive 5 mins. early for in-person or video sessions and 15 mins. early for any on-course sessions. I will endeavor to start and finish on time.

Cancellation:

Any sessions missed **without** 24-hours advance notice will be considered a paid appointment, non-refundable.

If you need to reschedule, please make every effort to give me as much notice as possible – at least 24 hours. I will make every effort to accommodate your scheduling needs, but cannot guarantee it will be within the same week.

Extra Time:

If you would like extra time in any given session, as time allows, we can extend the session by 15 min increments – the add-on fee is \$25 for each increment.

Additionally, feel free to call me between our scheduled sessions, if you need a sounding board, have a problem, or want to share a success with me! I do not bill for this additional time, but ask that you keep the calls short. Also, feel free to communicate with me during the week, via email. I do not guarantee a written response, however – so if you need feedback, please call.

I look forward to working with you to move you in the direction of your aspirations!

To Your Success,

Lisa Love, MS, RN

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