

MindfulGuidance – Coaching & Counseling

Coaching Fees & Policies

Lisa Love, PMH CNS, BC

Investment

My coaching fees reflect a unique combination of personal elite sports experience, advanced education, specialized training, and ongoing professional development. While our work may focus on sports performance, the skills and insights you gain often enhance other areas of life as well, including personal and professional growth.

My goal is to help you create meaningful, lasting change as efficiently as possible through a comprehensive, growth-oriented approach. This style of coaching is highly effective for many clients, though it may not be the right fit for everyone.

Current Fee: \$160 per 60-minute session

Prepaid coaching packages for 1, 2, or 3 months are also available and can be discussed based on your goals and needs.

Payment

Payment is due the day before each scheduled session. You will receive a one-time text invitation from Ivy Pay to securely enter your credit card information. Once payment is processed, you will receive a confirmation text.

If you choose a prepaid coaching package, payment is required before scheduling sessions. You are welcome to begin with individual sessions before deciding whether a package is right for you.

Scheduling, Cancellations, and Rescheduling

You will receive appointment reminders by email and/or text 48 hours, 24 hours, and 2 hours before each session.

If you arrive late, we may not be able to extend the session beyond the scheduled end time. If I am delayed, you will receive your full session time or we will reschedule at your convenience.

If you miss an appointment, you may be able to reschedule within the same business week if openings are available. If no appointments are available that week, the session fee will still apply. Repeated missed appointments may become a topic for discussion as part of our coaching work together.

Please provide at least **24 hours' notice** for cancellations or requests to reschedule.

Video Sessions

Video sessions are conducted through **doxy.me/lisa-love**. Please log in a few minutes early to prepare for your session. If I am running behind schedule, I will notify you by text.

Whenever possible, allow yourself a few minutes after each session for reflection, journaling, and transitioning into the rest of your day.

Contact Between Sessions

I offer one complimentary phone consultation of up to 10 minutes per week between sessions. Additional phone support is available at a prorated rate of **\$3 per minute**.

Completion and Follow-Up

As your coaching program concludes, we will review your progress and discuss recommendations for maintaining and strengthening the skills, habits, and mindset you have developed.

Many clients find it beneficial to schedule occasional follow-up sessions for refinement, accountability, and continued growth. You are also welcome to share updates on your progress via confidential email at **mindfulguidance@protonmail.com**.

Additional Support Options

If you are preparing for a significant competition or event and would benefit from more intensive support, customized coaching packages are available. Options may include:

- Longer phone consultations
- Additional text or email support
- On-site support during practices, competitions, or events
- Increased coaching frequency

Please inquire if you would like to explore a customized level of support.

Collaboration with Coaches or Parents

At your request, I am happy to communicate with your sports coach or, for students participating in school programs, a parent or guardian. This collaboration can help them better understand the skills and practices you are working on so they can support your development and success.
