

MindfulGuidance for Golf

Helping You Master Your Golf Mindset

Welcome! I am delighted to be your mindfulness golf coach and look forward to helping you develop the mental skills, confidence, and mindset needed to create the golfing experience—and life—you truly want. Please review the information below, and feel free to ask any questions about these policies or the coaching process.

Client Name:

Age: _____ **Phone:** _____

Email:

Date:

Commitment

You are seeking mental coaching because you want to create meaningful improvements in your thinking patterns, emotional responses, focus, confidence, and performance. While some changes may happen quickly, lasting transformation typically develops through consistent practice over time.

To achieve the greatest benefit, I recommend a commitment of two or three months of weekly coaching. This allows me to gain a thorough understanding of your strengths, challenges, goals, and learning style so I can provide the most effective guidance possible. Together, we will develop practical skills and mindset strategies that can enhance both your golf performance and your overall quality of life.

At the completion of your initial coaching package, services may continue on a month-to-month basis if you choose.

Coaching Packages and Fees

Initial Coaching Packages

Two-Month Package: \$1,175

Three-Month Package: \$1,525

Both packages include:

- One 90-minute assessment session
- Three 60-minute coaching sessions per month
- Ongoing support between sessions

Package fees are payable in advance and are due when scheduling your first session.

Continuing Coaching

Following completion of your package, ongoing coaching is available at:

\$450 per month, which includes three 45-minute sessions.

Individual sessions are also available and are prorated based on my standard coaching rate of **\$160 per hour**.

Payment

Payment must be received before coaching services begin and before sessions are confirmed.

Payments may be made through:

- **Ivy Pay**, a secure and encrypted credit card payment platform
- **Check**, payable to MindfulGuidance

Checks should be received at least one week before the start of coaching. Individual-session payments may be made at the time of service.

Getting Started

1. Schedule your complimentary 20-minute consultation by calling **(207) 522-7312**.
2. Download the assessment forms from the Sports Coaching and Golf Coaching sections of my website under **Helpful Forms**.
3. Complete and sign all forms and return them by email or mail at least 24 hours before your first session.
4. Once forms and payment are received, we will schedule your initial coaching session.
5. Initial sessions may be conducted by video conference or in person at my Brunswick office.

Parent or Mentor Participation

You are welcome to bring a parent, mentor, or other supportive person to your session. Their presence can be valuable in understanding the skills and strategies you are developing. However, coaching sessions are focused on your goals and development.

Attendance and Scheduling

For on-course sessions, please arrive 15–20 minutes early so we can begin on time.

Sessions will end at the scheduled time, regardless of late arrival.

Missed appointments are non-refundable and will be considered completed sessions. If sufficient advance notice is provided, I will make a good-faith effort to reschedule; however, I cannot guarantee availability during the same week.

Please provide at least **48 hours' notice** whenever possible if you need to cancel or reschedule.

Extended Sessions

Additional coaching time may be available, schedule permitting.

Sessions may be extended in 15-minute increments at a rate of **\$25 per increment**.

Support Between Sessions

I encourage you to reach out between sessions if you have questions, need support, wish to discuss a challenge, or would like to share a success.

Brief phone calls and emails are welcome and are included as part of your coaching relationship. While I do not guarantee immediate responses to emails, I will respond as promptly as possible. If your concern is time-sensitive, please contact me by phone.

Contact Information

Email: mindfulguidance@protonmail.com

Mailing Address:

MindfulGuidance – Coaching & Counseling

183 Park Row

Brunswick, ME 04011

Phone: (207) 522-7312