

Talk2me Coaching Services

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Hello, I look forward to helping you co-create the life you desire by peeling away layers, uncovering, and discovering the real you by utilizing SMART goal setting and a positive and holistic coaching approach. Before we begin, below are some procedures that will showcase the professional nature of our relationship.

Coaching Fee Policies & Procedures

FEE per person: The fee for 1/2 an hour is \$65. The fee for one-hour is \$150. The fee is payable by Debit/Credit Card, Iyypay, Venmo, Cashapp: @\$talktherapy2me and payable before each session. Retainer option is available by request. Missing or rescheduling sessions is strongly discouraged.

Here is what you can expect:

- a) **Calls and/or Video Calls:** The agreement includes your choice of (1) 30 minutes or (1) one-hour coaching session, once a week for one to six months. We will make that decision together. We will book our calls in advance to meet at the same time and same day. Please note that if you are late, the time for the session will be reduced accordingly. It is important to be ON TIME for all sessions.
- b) **Check-in calls:** If you want to speak with me, email me first to schedule a mutually convenient time as you will have the option to do (1) 5-10-minute check in call during the week. Once scheduled, please call me at your scheduled time. Remember, these are check-in calls; these calls are for celebrations and/or concerns.
- c) **Email:** I am available by email for questioning and "sharing": news, insights, challenges, and accomplishments. I will typically respond to these communications within 48 hours.

Length of Agreement

Our agreement is for _____ month(s). If at the end of your time commitment you wish to continue, we can renew and discuss a new length of agreement.

The Nature of the Relationship

Our coaching relationship is not to be considered mental health counseling or psychotherapy, even though I am a trained therapist our relationship is not to be therapeutic. Much of what happens will come from your own expertise and experience as we co-create activities to reaching your goal(s). This is a partnership in co creating the life YOU want for yourself.

Are you ready to change your narrative and be the author of your story? I am here to support you, challenge you, hold you accountable to achieving your goal and empower you to reaching those goals.

Confidentiality

I, _____ (print name), understand that the relationship between myself and the coach is a professional relationship and our meetings are confidential. The coach will not use this information for personal gain or disclose this information to anyone else without my specific approval. I understand that my participation in each session is completely voluntary, and I may withdraw from participation at any time with a verbal and/or written notice. I agree to pay the associated fees for services rendered. I agree to provide at least 24 hours' notice prior to any cancellation or rescheduling and that failure to do so will result in a surcharge of the full cost of service.

I have read and agree to this Coaching Agreement.

Signature: _____ Date: _____

Printed Name:

Please email a signed copy of this agreement before our first coaching session.

*Note: Your coaching sessions may be tax deductible: check with your local accountant for confirmation.