



Welcome!

I have positive expectations for our long-distance coaching relationship that will help you achieve your horsemanship goals. To partner together professionally, I want you to be familiar with the following guidelines.

Terms of Coaching:

I invite you to think of coaching as a process. Many people create change for themselves and their relationship with their horse in a short time. However, to refine and sustain the change takes several months. Although not binding, I would ask that you expect our Coaching relationship to last at least 3 months.

Fees:

The coaching fee is payable in advance via PayPal or check.

There is no commitment beyond month to month, but please give me a few weeks' notice if you think you will be ending our coaching together.

Please note that a "month" may not always correspond to a calendar month.

Each month, you may also switch between the coaching levels, depending on your needs. That way, if you are gearing up for an audition, a specific course or a special event, we can have a more intensive coaching period.

Procedure:

I will send you the goal board as your first assignment. Once you have completed it, I will review it and possibly discuss any changes or ideas with you. That way, we will both be on the same page and I can use that to point you in the right direction as I assess your video.

Next step will be to upload your video to WE Transfer and to send me the link.

I will review the video and make comments and send you the link to view it.

I will call you at a time we agree on to discuss the video or any changes you have noticed in your horse's behavior since making the changes I suggested.

If you wish to connect with me in between sessions with a challenge, a success or an inquiry, I will make every attempt to respond to your text message or e-mail as soon as I can, with a text message, email or short phone call at your discretion. I'm happy to provide this extra level of service at no additional charge.

Changes:

If you need to reschedule our appointment, please give me 24 hours notice. If I need to reschedule, I will do my very best to give you at least 24 hours notice as well.

Between Calls:

Email me any time at elli@solutionsbyelli.com, or text me at 916-806-0595 to reach me with ideas, problems, questions, etc.

Challenges:

If I ever say or do anything that upsets you or doesn't feel right, please bring it to my attention so that we can resolve it as soon as possible. My objective is to have a coaching relationship that is fully open, honest, real and trusting in our communication styles. We should both realize that communication via telephone or email entails extra challenges since we can not see body language, facial expressions, etc. Therefore, we give each other plenty of latitude, and promptly ask for clarification if there is a miss-connection.

Coaching Agreement

Coach

I agree to serve as your Coach, to partner with you to identify and achieve your personal and/or professional goals on your horsemanship journey.

As your Coach, I cannot guarantee results. You will create powerful results by having the courage and determination to forward the action on your horsemanship journey.

During the time we spend together in our coaching sessions, I will devote my time, thoughts, and energy to you, exclusively. In between our sessions, I may not be instantly available, as I may be attending to others, or myself. I will however, always attempt to be available within 24 hours.

As your Coach, I will bring attentive listening, understanding, belief in you and commitment to your success. You can expect me to challenge you, offer fresh perspectives, make requests (including assigning homework) and acknowledge your wins.

Student

I am motivated and committed to taking action on my determined horsemanship goals. I realize that anything less than my intentional full participation will not lead to my success.

I accept full responsibility for myself and any actions I take that might result from coaching.

I can financially afford the Coaching fee at this time. I agree to pay (or be autocharged) promptly at the beginning of the month for that month's fee. I agree that ultimately, it is my responsibility that my coach gets paid for the services I use.

I agree to honor my scheduled session times.

Yes, I have read and agree with the Coaching Guidelines and the Coaching Agreement.

Printed Name

Signature