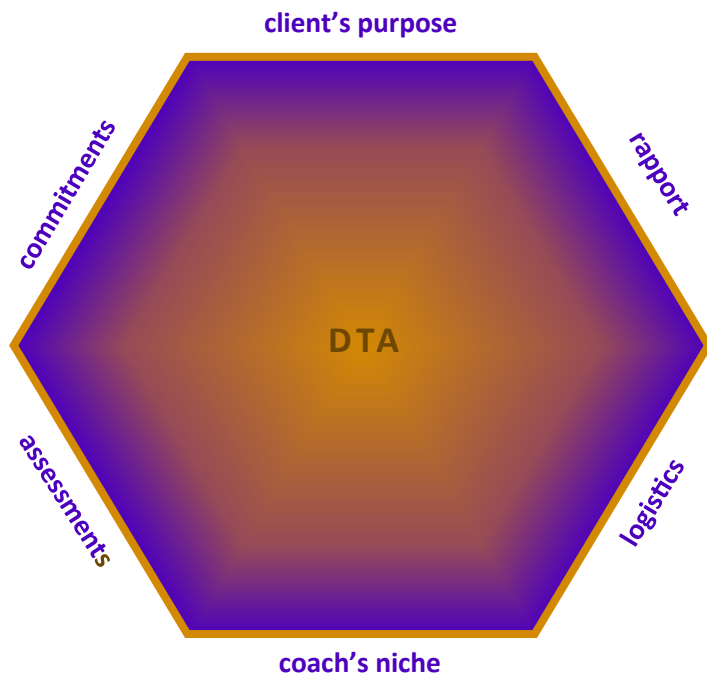


Design the Alliance

Coaching is a collaborative process between client and coach. The nature of the collaboration is crafted for each pairing by the coach and client. This is designing the alliance (DTA). There are six aspects framing a DTA: coach's niche, the client's purpose, logistics, commitments, session rapport, and assessments.



COACH'S NICHE

Lisa's integrated coaching-bodywork practice guides clients reweaving the fabric of their lives following a life-changing event, which may have disrupted where they live, how they move in the world physically, their career identity, or their social circle.

Lisa invites her clients to explore their life philosophy while collaborating to redesign and develop a next chapter rich in purpose and connections.

Lisa's practice is diverse, inclusive, and trauma-informed.

Lisa is an LMT and ICF trained Life Coach, who offers Reiki, Craniosacral Therapy, Integrated massage, Acupressure, 5-Element Sound Balancing.

CLIENT PURPOSE

today's date YYYY MMM DD initial _____



RELATIONSHIP COMMITMENTS

Confidentiality and Protocols

what is meaningful to undergird respect

what is empowering and inspiring

do you like to be challenged gently or head-on

do you have the time and focus to follow through

coach

client

OnBoarding forms	
As a coach, I regard teh humanity in every client and keep the work in the room.	
I like to work with imagery and incorporate somatic practices as the calling arises.	
As a coach, I work for the client's highest good, in light of the stated "Client Purpose"	
Coaching is collaborative. Both coach and client must do their part.	

SESSION RAPPORT

safe space: what is important to you

opening

safety: basics for physical safety

on-task vs on-demand

staying the course or redefining goal

followup

coach

client

I host a welcoming space for my clients and hold with reverence.	
Do you want to include a minute of breathwork after greeting?	
Client Health Profile form	
How do you want manage session time for other topics that come up	
How do you want to return "Client Purpose?"	
At times a brief status update fits post session. Do you prefer to send via text or email?	



LOGISTICS

Intra-Session

presence

permission to offer other modalities

other personal healthcare providers

Time Zone; Languages

Inter-Session

wrap

homework

deferred topics

communications

coach

client

Client OnBoarding form	
Should I offer a compatible modalities into a coaching session—you may accept or decline.	
Coaching and Bodywork can be great compliments to your other healthcare practices. Occassionally, somethings may be contradicted, as will be flagged in your Client Health Profile.	
EST/Greenich –5h; English.	

coach

client

I will send a brief note after each session.	
All sessions end with something that can be acted upon or thought about. This is the homework.	
Some prior sessions open related query that is best explored during its own session. At your next session I like to ask about this deferred topic.	
I keep intersession communications to a minimum out respect for your time.	

ASSESSMENTS

feedback on rapport, at will or scheduled

review of progress, frequency of

fitness of DTA, frequency of

celebrate success, ways of

coach

client

Can I send you a feedback-testimonial form	
How often do you want a session reviewing progress on “Client Purpose”	
Please know we can revisit the DTA at anytime for any reason.	
How do you want to celebrate your wins during a session?	

