

Spark Sessions

Roles & Expectations

As a Client, your role is to:

- Please make our sessions a priority! You are investing in yourself! Before each session, please review what we have been working on, including homework and action steps.
- Remember, we are going for progress, NOT perfection.
- Come to our sessions grounded, curious, open-minded, and willing to change beliefs and patterns that no longer serve you.
- Please give me feedback **IN THE MOMENT** about your experience. Don't worry about hurting my feelings; I am here to support you, not judge or make your decisions.

My Role:

- I will listen, respond, and ask questions. I will share and ask questions if I hear something in your voice or body language that sparks an intuitive thought, idea, or image.
- I will ask you to stretch yourself, not to panic, but to grow, take action, and tackle the hard things with intention, grace, and love.
- I may suggest homework (journaling, action steps, conversations). You are free to accept or decline. I am here for you!

Between Sessions:

- If you have a question, insight, or update and want to share (yay!). You can email me, or we will connect on Voxer; these are the perfect tools for quick updates.

Schedule Changes:

- If you need to reschedule, I would like at least 24 hours notice (emergencies are an exception). I will not reschedule no-shows.



EXPECTATIONS

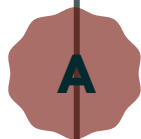
I Like to keep it simple; this is a great way to remember that you are a leader (and a badass)



LAUGHTER. We will be doing hard work; laughter is a great way to break tension.



EMBRACE CHALLENGES.



ACT WITH INTEGRITY.



DEMONSTRATE ACCOUNTABILITY



ENCOURAGE GROWTH



RESPECT



EXPECTATIONS

For the tough days, remember
your VALUE.

