

Anshu Stephen

Life & Success Coach

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Dear Participant,

Fill your Jar is about learning and understanding your story: then building consistent Resilience, Purpose, Freedom and Success in all Psychological, Social, Emotional, Spiritual, Physical and Cultural being of a person.

Approaches: Strength-based and Solution-driven.

Services: Personal Development; Confidence; Relationships; Sexual health; and Cultural Identity.

Mission: A whole, empowered, connected and healthy person.

The benefits of Coaching: One major benefit is long-term guidance and support for you to build positive habits, create healthy relationships, define and achieve your goals. Other possible benefits may be a better ability to cope with marital, family and other interpersonal relationships, and /or a greater understanding of personal goals and values.

Your resilience through Coaching: You may experience a variety of negative emotions during the sessions as you remember and therapeutically resolve unpleasant events. Seeking to resolve concerns between family members, marital partners, and other persons can similarly lead to discomfort as well as relationship and goal changes that may not be originally intended.

I will do my best to assess progress and provide referral to other sources if that is deemed necessary and appropriate. Coaching is a collaborative process and the progress you make will depend in large measure upon your investment in the process.

The coaching time we have available is fifty-five minutes. This includes time for payment and for booking other appointments. Payment is due at each session.

- Cancellations must be made twenty-four hours in advance to avoid charge.

Warm regards,

Anshu Stephen

Confidentiality Agreement

Anshu Stephen
Life & Success Coach

The coaching which you receive is confidential within the limits of the law and the ethics of my profession. All you say to me remains in my office. I do keep records. The records are also confidential. I keep them as a record of our work, for legal purposes, and to aid in your progress. You must sign a release of information before any information about you is given to anyone, except as mandated by law.

In certain situations, mental health professionals are required by law to reveal information obtained during coaching sessions to other persons or agencies without your consent. In such situations, Anshu Stephen is not required to inform you of her actions.

Please note the following exceptions to confidentiality:

- Confidentiality does not apply to cases of potential harm to self or others.
- A mental health professional may disclose confidential information in proceedings brought by a client against a professional.
- Confidentiality does not apply to cases involving criminal proceedings, except communications by a person voluntarily involved in a substance abuse program.

More important than the legal obligations, though, are my concerns for your health and safety, and that of those with whom you interact. From time to time, we may discuss “homework,” tasks or exercises you may try to do outside of our coaching time. Generally, this is aimed at helping your progress. It is voluntary. You have the right to determine the pace and rhythm of our work together.

PLEASE READ AND SIGN THE FOLLOWING:

Date:

Participant signature:

Coach signature:

Client Information for Confidential Use

Today's Date:

Legal Name:

Address:

City:

Province:

Postal Code:

Work Phone:

Cell Phone:

Leave Message? ♦ Yes ♦ No

E-Mail Address:

Emergency Contact Name and phone number:

Birthdate:

Age:

Occupation: Employer/School:

Number of years (or highest level of) education:

Preferred pronoun:

Race/Ethnicity:

Relationship (or Family) Status:

Who are your Natural Supports?:

List any illnesses and/or medications (past and present):

Is it important for you to have spirituality included in your coaching?: ♦ Yes ♦ No

What are your reasons for seeking coaching?:

Have you done previous coaching/therapy/counselling?: ♦ Yes ♦ No

If yes, when and why?

I would love to learn more about your interests and your strengths:

Best days and times for coaching:

