



Welcome to Coaching

Thank you for your interest in stepping into a coaching partnership. I appreciate your trust; as I know it takes courage to begin. This process will enhance your health, personal and professional development.

My job involves facilitating your identifying areas of your life where “joyful attention” is missing and co-creating specific realistic goals for bringing life into balance. Your willingness to invest in *yourself* is key. This investment will allow life to be less stressful, more manageable and more fun.

I invite you to consider two meetings a month for three months. This is recommended for momentum with succeeding at making the changes you want.

Coaching times are available between 9:00 a.m. and 6:00 p.m., Mondays thru Fridays. My fee is \$155/per session. Terms are negotiable depending on your needs.

My coaching includes unlimited access through my email address, teddy@partnership-works.com. It also includes a variety of assessments fostering whole health and development for professional excellence. Calls between sessions for perspective or to share a victory are welcome. Follow-up notes are provided.

The *Coaching Inventory* is available for your *Getting Started*. Writing brings clarity. Take time to listen to your heart’s yearnings and envision your future. The more honest and specific you are, the more effectively you’ll progress toward creating the fulfillment you desire.

The *Coaching Agreement* is also available for you to sign for *Getting Started*. If possible, please scan it and email it along with your inventory, prior to our first session. Or you can bring it with you when we meet.

Enjoy, the inspiration, *New Beginning* and feel free to call me with any questions at 503.318.7975.

I’m truly delighted to begin partnering with you.

Sincerely,

Teddy

Teddy Gardner, M.Ed., PCC, WHE
Executive Coaching & Whole Health Education
503.318.7975