

*Here are some guidelines and suggestions that will be helpful as you begin working with clients as a Thought Coach.*

### **Environment**

Thought Coaching sessions should always be in quiet, clean, and undisturbed environments. A neutral environment is recommended – not the coach’s private home or apartment. However, if the client is a referral, or been recommended by a mutual party, and the proper vetting has been done by the coach to assure safety, then it is the coach’s prerogative to choose bringing the client into their private environment for a coaching session. If so, it’s advised that it is in a room with no other parties present, other than the coach and client. There should always be a bottle of water and tissues available for the client.

### **Professionalism**

The Thought Coach should adhere to a strict ethical standard of operation, and uphold professionalism in the coach/client relationship. A professional coaching relationship exists when coaching includes an agreement (signed before coaching begins) that defines the role that the coach can provide for the client. The coach is not required to fulfill a role for the client that needs a medical professional, and is strongly advised not to form a personal relationship with the client while coaching services are being provided.

### **Tools**

The Thought Coach should have at their disposal tools needed for the coaching session, including the reference guides for The Says Who? Method™, The Release & Replace Technique™, and The Thought Alignment System™. Worksheets can also be very helpful. A clipboard and pens will be necessary for any forms needed to be filled out by the client, and any notes you will be taking.

### **Homework**

If the coach, and/or client feels that additional work, assignments, or exercises outside of the session will be helpful and beneficial, the coach can provide that for the client. This can include journal prompts, daily exercises, affirmations, worksheets, reading, or meditation.

### **Pricing**

Fees for Thought Coaching are determined by the coach. The average coaching scale runs between \$100–300. Higher rates could be justified, based on a coach’s experience, additional certifications or licenses, and level of experience in the coaching field. If a sliding scale (or negotiable rates) is requested by a client, this is up to you as the coach. Discounted rates can be offered for purchase of multiple sessions at once.