

When we live from our Essence (AKA Presence, higher Self, Core Self) life flows from one peaceful, creative and fun endeavor to the next. Instead of problems to be solved, there are interesting and even joyous adventures to be lived. The Coaching practices I use and teach are designed to support this joyous agility –even in challenging situations. No one is always in this flow state but knowing and feeling the difference in our bodies and knowing what to do to shift back into Presence and Essence is what Coaching is all about. As you integrate the ability to shift into Presence more and more, you will notice a happy impact in all areas of your life. Please keep in your awareness that Presence is about appreciating what is, not fixing, getting rid of or perfecting what is. True Presence provides the best foundation to make any shift.

Coaching Agreement

1. What dreams, goals, issues, problems or concerns would you like to address? (It's good to start by identifying an overarching goal and also a specific one. These may change as you progress.)
2. My (Jamie Brennan) commitment to myself and you: I commit to being fully present and to learn whatever I most want and need to learn in this area in collaboration with you. While I am consciously living and committed to the practices I teach, this is a learning together approach because growth is more robust when expertise is shared/co-created, not imparted. I am not an information expert, I am Presence and Process expert. The expertise I claim is that of my own joyful, thriving commitment to growth, learning and creative living. Credentials below.
3. Do you commit to learn what you most want and need to learn in the area of your life where you want changes? Yes No. Do I have your permission to assist you in learning whatever you most want and need to learn in this area? Yes No
This will entail sharing with you well-tested and inspired practices, targeted homework assignments, my compassionate curiosities and poignant insights, my transparent personal journey and empowering stories of others, and collaborative enthusiasm for your growth and learning.
4. Coaching is NOT Mental Health Therapy. The following are some examples of change work that are not appropriate for a Coach approach: Mental illness, substance misuse/abuse issues, any kind of crisis, strong and persistent harmful patterns of behavior and emotion. My intake process will assist you in determining which approach would be most beneficial for you currently.

Payment Agreement (To be filled out together, in-person): I agree to pay _____ for a package of _____ 50 minute in-person and or online coaching sessions over the course of _____ months. This agreement includes, when possible, in-between session, short support contacts by email, phone or voice memo at client's request. These support sessions are meant to support your flow, are short, non-crisis in nature, and are charged on a prorated basis.

I have read all of the above, and I understand and agree with it all.

Name: _____ Date: _____ Phone: _____ Signature: _____

Jamie Brennan, MA has a Bachelor's Degree in Cultural Anthropology, a Master's Degree in Counseling Psychology from the University of Colorado at Denver and has completed numerous professional trainings in growth and change including a year of Hendricks' Conscious Living and Loving: A Coach approach to creating rich intimate relationships, gratifying livelihood, and inspired creative and playful expression in all areas of life. Jamie is committed to expand her ability to assist you in your expansion which includes a commitment in study in Dr. Joe Dispenza's work, the Enneagram, IFS Coaching approach, a Course in Miracles, and The Art of Feminine Presence with Groover Seminars. She has 17 plus years of experience working with individuals on wanted and intentional change facilitating connection with one's whole, resilient and creative self. Jamie specializes in relationship, living in flow and big-transition Coaching.