



## CLIENT WELCOME GUIDE

# Your Role in This *Journey Together*

HEAL • EMPOWER • TRANSFORM

**Welcome to The Vital Mantra.** Coaching works best when both of us understand our roles clearly from the start. This guide explains **what is expected of you as a coachee** — not to add pressure, but to help you get the maximum value from every session and the space between them. Your holistic growth is our shared goal. Your active participation is the engine.

## 1 What Coaching Is — and Isn't

### COACHING IS NOT

- Therapy or mental health treatment
- Advice-giving or telling you what to do
- A quick fix or shortcut
- Me solving your problems for you
- A place to be judged or evaluated

### COACHING IS

- A partnership focused on your goals
- Powerful questions that unlock your thinking
- A consistent, structured growth process
- You discovering your own answers
- A confidential, non-judgmental space

## 2 Your Core Responsibilities

- **Show up fully:** Come to each session present, prepared, and ready to engage — mentally, emotionally, and physically.
- **Be honest:** The coaching relationship thrives on total truthfulness — with your coach and, most importantly, with yourself.
- **Take action between sessions:** Insight without action is just conversation. Real transformation occurs outside our sessions in daily life.
- **Follow through on commitments:** Honor agreements you make with yourself. If you struggle, reflect on why — that is valuable insight.
- **Ask for what you need:** Speak up if a session isn't serving you or if you need a different pace. You are the ultimate expert on your life.
- **Embrace discomfort:** True growth often feels uncomfortable. Sit with uncertainty, challenge assumptions, and try new perspectives.

## 3 Between Sessions — Your Practice



### REFLECT & JOURNAL

Write down thoughts, observations, or moments of clarity that arise after each session. Don't wait for the next meeting to process.



### COMPLETE YOUR ACTIONS

Each session ends with agreed steps. Treat these as real commitments — experiments in your own personal evolution.



### NOTICE PATTERNS

Pay attention to your thoughts, feelings, and behaviors in daily life. Bring these valuable observations into our next session.



### REACH OUT IF NEEDED

If something urgent arises between sessions, don't wait. A brief message or check-in can keep your momentum alive.

## Practical Agreements

- **Punctuality:** Arrive on time. If you need to cancel or reschedule, kindly give at least 24 hours' notice.
- **Confidentiality:** What we discuss stays completely private. Mutual trust is the foundation of our work.
- **Your Ownership:** The direction, pace, and outcomes are set by you. I hold the sacred space — you perform the work.
- **Non-Linear Progress:** Some sessions yield breakthroughs; others feel quiet. Both are integral to lasting transformation.

### My Commitment *to You*

And what we build together

- Fully present, curious, and non-judgmental in every session.
- Complete confidentiality and a safe environment for vulnerability.
- Keeping your unique goals at the center of our coaching.
- Loving challenge and accountability to help you achieve your potential.