

The Healing Dream Garden

Developing inner resources to care for the self while caring for others

Fran Kramer

Life Coach

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808-457-9753



How We Will Work Together

Welcome to the dynamic of coaching! I am honored to be your coach. I believe that each person offers a unique contribution to the world. I will be your advocate while you discover and develop yours. We are a team, accomplishing more together than we would alone.

My Clients are Amazing People

My clients are intelligent, alive, kind, successful, well people whom it is my genuine good fortune to serve. I will enjoy working with you.

The Roles of Coach and Client

The role of coach and client is as peers. I am a trained professional coach, not a licensed therapist and do not attempt to provide diagnosis or treatment. I will tell you what I want for you, but our coaching relationship is about your agenda always. I listen, reflect, ask questions, give perspectives, and options. I support you to find and foster your integrity and I believe that you always know what is best for you.

As my client, I ask you to show up fully prepared and present for each session, pay attention to what has heart and meaning, tell the truth without blame or judgment and be open to outcome rather than attached to outcome. I will do the same.

I Expect Your Best

If you are hiring me I imagine that you are ready to make meaningful changes inside and out.

I Am Here for You

Our relationship is a top priority for me. I ask that you use me as the resource and friend that I am.

Extra Time

Between sessions, if you need to ask questions, tell your story, bounce some ideas around, please email me or call 808-457-9753. I do not bill for this time, but please keep these calls to 10 minutes.

Communication

Please share with me your stories, your wins, disappointments, anything you like, as well as your coaching experience. I want to know what works as well as what does not. I am committed to serving you.

I Don't Miss Much

If I hear something in your voice or notice something is amiss, I'm likely to ask you about it. Often, it is the small moments that bring about BIG shifts.

Requests

I ask clients to stretch themselves, deepen the work done in the sessions by writing, taking some action, resolving relationships or things that feel incomplete. You are free to accept or decline. Negotiate for what is right for you. Please come prepared to create something you want for yourself.

Ways You Can Get More From Your Coaching Experience

- Make our coaching sessions a priority. Come to every call with a specific agenda. Take time to find your center, breathe and be ready to talk.
- Co-create the process to suit you.
- Do your own work between sessions. Use what you learn. Complete what you agree to do.
- Be open minded. Try new approaches. Experiment.
- Get to know yourself as you are now and ask yourself to change to become who you want to be.
- Emulate the behavior you admire.
- Stop tolerating. Stop suffering.
- Tell the truth to yourself, to everyone.
- Be willing to change your beliefs if they do not serve you anymore.

Fees

My fee is payable by the 1st of each month.

To set up a monthly credit or debit card payment, please fill out and return the enclosed form.

If you prefer to send a check each month, please address your check to Fran Kramer and mail to me at 91-335 Ewa Beach Road, Ewa Beach, HI 96706.

Please include my fees in your monthly budget.

I permit no more than one late payment (if not received by the 5th day of the month) per calendar quarter.

The exception is for single sessions arranged as needed. If you cannot adhere to this policy, I will ask you to find another coach. However, if we discuss another arrangement openly, I can be flexible.

Session Procedures

Please call me at 808-457-9753 for our sessions.

If you call in and get my voice mail, please call back after one full minute as I might be finishing up a call with another client.

Please do not leave a message and wait for me to call you back. I might not receive your message between clients.

Schedule Changes/Vacation/Business Trips

Please give our call high priority and arrange your schedule to honor our agreed upon time. If you must reschedule our call, I ask you to give me 24 hours notice. In any case, let me know as soon as you are able. I will not reschedule no call/no shows. If you have vacation or business trips that will conflict with our sessions, please notify me of these as soon as you have an itinerary and we will discuss when to reschedule. I will do the same with you when I plan trips.

I am Looking Forward To The Dynamic In Our Coaching Relationship!