

# Coaching Agreement



# RETURNING Well

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I am delighted that you are considering being part of the very first Velvet Ashes *Returning Well* group! To ensure that this Velvet Ashes *Returning Well* Group is a good fit for you, please take a moment to read through the following pages to understand better what this group will be like. If you are in agreement with the particulars of the group, then go ahead and complete the registration process. Please do let me know if you have any questions!  
Many blessings, Melissa

## The Basics

Following are some basics about the Velvet Ashes *Returning Well* Group. This group will...

- **...provide a comprehensive debriefing experience!** As such, we will utilize and follow the book, *Returning Well: Your Guide to Thriving Back “Home” After Serving Cross-Culturally*. You will need to purchase the book to be part of this group. You can view your purchasing options at [www.ReturningWell.com/Purchase](http://www.ReturningWell.com/Purchase).
- **...be a group that journeys together through re-entry.** As such, we will meet six times for approximately 90 minutes each time, most likely over Skype. The meetings will be at 9PM Eastern time on the following days: 10/27, 11/10, 11/23 (moved to Wednesday for Thanksgiving), 12/1, 12/15, and 12/29. It is very understandable if you get sick or have an emergency and need to miss a meeting. But, if you look at these days and notice that you will be unable to attend for several of them, please be willing to pass on this group.
- **...be focused on gleaning from the past and moving forward to what He has for you next!** To aid in this process, I (Melissa) will serve as your group coach and as such will keep what you share confidential (be sure to read the “Coaching Understandings” that follow for more on this). I also request that you offer confidentiality to your fellow group members as well.
- **...be a wonderful community experience!** As such, plan on bringing thoughts and insights to share each week from your engagement of *Returning Well*. If you just want to “sit in” and listen, this group is not a good fit for you. We will also utilize a private Facebook group to prepare for each meeting as well as encourage each other between meetings. Please plan to share every now and then in this group.
- **...be a gift!** Yes, the regular cost of your participation in this group would be around \$250. But for those whom this group is a good fit this fall, I would like to give it as a gift. If you would like additional coaching following the group experience, those sessions will require your financial investment.

### Coaching Understandings

As a group participant in the Velvet Ashes *Returning Well* group, I understand the following:

- Coaching is a partnership between me and my coach that is designed to facilitate the development and achievement of my goals. My coach will follow the International Coach Federation (ICF) Code of Ethics.
- I am not to use coaching in lieu of non-coaching professional guidance (ex: as legal counsel, tax/accounting assistance, etc.), or in lieu of mental health care (such as counseling, psychotherapy, or psychoanalysis). If I am currently under the care of a mental health professional, I attest that I have consulted with this person regarding the advisability of working with a life coach and that this person is aware and supportive of my decision to proceed with this group.
- I am responsible for my own choices, decisions, and actions stemming from coaching. My coach will not be held responsible for any actions or inactions I take as a result of coaching.
- If, at any time during the coaching partnership, my coach believes that I would be better served by another professional, I understand that my coach may recommend that I utilize the services of another professional.
- By participating in this group, I give permission to my coach to submit my name and email address to the ICF in order to meet the requirements for coach credentialing. No details related to coaching will be submitted. ICF will only use this information to contact me if they need to confirm that Melissa Chaplin served as my coach.
- Coaching sessions will not be recorded without notification and overt approval.
- This coaching relationship, as well as all information (documented or verbal) that I share with my coach as part of this relationship, is bound to confidentiality by the ICF Code of Ethics but is not considered a legally confidential relationship (as in Medicine or Law). Confidentiality may be broken as required by law or at the discretion of my coach if I either have in the past or am currently potentially at risk of violating the law, jeopardizing my own safety or well-being or that of others, appear intent on harming myself or others, or engaging in activities that are illegal.
- My coach agrees not to disclose any information pertaining to me without my written consent (except where directed by law in the previous point). My coach will not disclose my name as a reference without my consent.
- Confidential information does not include information that: (a) was in my coach's possession prior to its being furnished by me; (b) is generally known to the public or in my industry; (c) is obtained by my coach from a third party, without breach of any obligation to me; (d) is independently developed by my coach without use of or reference to my confidential information; or (e) that my coach is required by law to disclose.
- Note that confidentiality cannot be promised in email or Internet communications given the nature of Internet communications. Also note that although group members are strongly encouraged to honor confidentiality, they are not bound by the ICF Code of Ethics to do so.

*By registering for the Velvet Ashes group, I am attesting that I have read and am in agreement with the stipulations presented for this group.*